

BEEF TENDERLOIN WITH BORDELAISE SAUCE, ESCOFFIER STYLED ETOUFFÉE CARROTS

The Recipe

<https://www.cuisinedaubery.com/recipe/beef-bordelaise-sauce/>

Beef Tenderloin with Bordelaise Sauce, Escoffier styled etouffée Carrots

Chef: Paul Bocuse

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish, Meat,

Ingredients

some Beef

1 Bordelaise Sauce For the recipe, see [HERE](#)

*side dish

some Carrots

Steps

The Sauce

1. Prepare the Bordelaise Sauce, a recipe from top chef Bocuse ("the chef of the century"). You may prepare it in advance and refrigerate
2. The recipe is [HERE](#)

The carrots

3. I found these Carrots in May, in a Farmers market in Pasadena, California. Aren't they cute ? They will make the dish more colorful
4. Trim the Carrots stems, and leave 0.39" (or 25/64" or 1 cm) of the green stem, like in French restaurants
5. Trim their ends so that all the carrots have the same length
6. If your Carrots are too large, you may want to cut them lengthwise, to make them thinner and more elegant
7. I am showing you the cooking method "à l'étouffée", as I learned at the Escoffier school
8. Cook on very low heat (simmer) in a skillet, with a small quantity of water
9. The water must not exceed 1/4 of the height of the carrots in the pan

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10. This slow cook method make the carrots tender and fully cooked, but they keep their shape and color perfectly

11. As the water evaporates, keep adding water as needed during the cooking

12. To know the carrots are cooked, you may use a sharp knife and put it in the carrots

The Meat

13. For the Beef, I chose Tenderloin, that I found at Trader Joe's. I recommend Tenderloin or Filet Mignon

14. Here's the "almost-sous-vide" method : Place the Beef in plastic bags (make sure they don't melt in the heat)

15. Seal the bags and place them in simmering water

16. Cook for 10/15 minutes

17. Then, take the meat out of the bags, and cook butter in a skillet on very high heat

18. Once the butter is melted, and before it becomes brown, sear the meat

19. Do not overcook ! the meat is already cooked through, you just want to sear and brown it

Serving the dish

20. I like to cut the meat before serving, something that chefs usually don't do

21. Warm the Bordelaise sauce, and cover the meat

22. Place the cooked carrots