

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

Some Bordelaise Sauce For the recipe, click [HERE](#)

*side dish

some Carrots

Steps

The Sauce

Start making the Bordelaise Sauce, a recipe from top chef Bocuse ("the chef of the century").

You may prepare it in advance and refrigerate.

For the recipe, see [HERE](#)

The carrots

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

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

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

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

The Meat

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

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

13. Seal the bags and place them in simmering water

14. Cook for 10/15 minutes

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

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

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

Serving the dish

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

19. Warm the Bordelaise sauce, and cover the meat

20. Place the cooked carrots