

Oppskrifter 26.9.2014 – Klubbmøte hos Rune

Boeuf à la ficelle

8 baby carrots, peeled
8 baby turnips, peeled
2 leeks, white part only, washed and cut in half lengthwise
½ onion, studded with cloves
1 bouquet garni
Salt and pepper
900 g beef tenderloin
Rock sea salt
½ cup / 112 g cornichons
½ cup / 112 g Dijon mustard

Put all the vegetables in a large pot. Cover with water and add the bouquet garni. Add salt and pepper. Over high heat, bring the water to a boil. When boiling, add the beef tenderloin and leave it for 20 minutes. I urge you to cook it no longer than this (medium rare). Use the tongs to remove the beef to the platter and let it rest for about 15 minutes.

Meanwhile, bring the boiling liquid down to a gentle simmer and carefully skim off any foam or scum with the ladle. Slice the beef in ½ inch slices and arrange them on the serving platter. Position the vegetables around them. Try to keep similarly colored vegetables separate, going always for maximum contrast. Bring the broth back to a boil and strain well. Ladle some broth over the meat and the vegetables and serve with rock sea salt, cornichons and mustard.

Drikke

Joseph Drouhin, Savigny-Les-Beaune 2006