

## **Pan Roasted Beef Tenderloin**

Garlic Mashed Potatoes, Steamed Asparagus, Port Wine Sauce

### **Serves 4**

#### **Garlic Mashed Potatoes**

1 head            garlic  
1 tablespoon       olive oil  
2 1/2 pounds       russet potatoes  
1/2 cup            crème fraîche  
1 stick             melted unsalted butter  
1/4 cup            chopped chives  
to taste            sea salt and freshly ground white pepper

Pre-heat oven to 350°F. Cut 1/2 inch off top of garlic. Place on large sheet of heavy-duty aluminum foil. Drizzle with 1 tablespoon olive oil. Seal foil tightly around them. Roast until cloves are tender, 30 to 35 minutes. When garlic is cool enough to handle, squeeze pulp from each clove into mixing bowl. Peel and wash potatoes. Cut into quarters. Transfer to large stock pot. Cover with cold, lightly salted water. Place over medium high heat. Bring to simmer. Cook until fork tender. Drain potatoes. Immediately pass through ricer or food mill set over large mixing bowl. Fold in remaining ingredients. Season with salt and pepper.

#### **Asparagus**

20                    jumbo green asparagus  
2 tablespoons       unsalted butter  
1/4 cup             vegetable stock  
to taste            sea salt and freshly ground black pepper

Peel asparagus stalks starting 2 inches from tip. Cut into six-inch spears, discarding bottom. Place in skillet with butter and stock. Season with salt and pepper. Cover. Place over medium high heat. Bring to boil. Cook 2 minutes or until al dente.

#### **Filet Mignon**

4                     6 ounce choice grade filet mignon, center cut  
to taste            sea salt and freshly ground black pepper  
1 tablespoon       grapeseed oil  
2 tablespoons       minced shallots  
1/2 cup             ruby port wine  
1/2 teaspoon       finely chopped fresh thyme  
1 cup                beef stock  
1 teaspoon         unsalted butter  
to taste            sea salt and freshly ground black pepper

Season filet mignon with salt and pepper. Add oil to skillet over medium high heat. Sear 4 minutes on each side for medium rare, or to desired doneness. Remove excess oil from pan. Sauté shallots until translucent. Add port wine and thyme. Reduce by half. Add beef stock. Reduce by half or until sauce consistency. Strain through fine sieve. Swirl in butter. Season to taste with salt and pepper.

#### **Presentation**

4                     thyme sprigs  
Scoop mashed potatoes in center of large serving plate. Crown with 5 asparagus. Place filet atop of potatoes. Spoon sauce on to plate.  
Garnish with thyme sprigs.

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