

Beef tenderloin, buttered leeks with fresh goat cheese and chorizo salsa

Recette pour 4 personnes

Description

Pan seared filet mignon served on a bed of buttered leeks bound with fresh goat cheese and served with a salsa composed of olive oil, fresh herbs, diced tomatoes, shallots and diced chorizo.

L'idée déco

Vary the herbs in your salsa depending on what you have on hand: chervil, coriander, basil...

Ingrédients

For the beef tenderloin and buttered leeks

- 4 Piece(s) Beef filet mignon
- 3 Unit(s) Leek
- 100 Gr Fresh goat cheese
- 100 Ml White wine

- Butter
- Vegetable oil
- Salt and pepper

For the chorizo salsa

- 100 Gr Spanish chorizo
- 0.50 Box(es) Cherry tomatoes
- 1 Unit(s) Shallot
- 0.25 Bunch(es) Parsley
- 0.25 Bunch(es) Chives
- 15 Ml White balsamic vinegar
- 60 Ml Olive oil

- Butter
- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Finely chop the leek. Finely chop the shallots and chives. Chop the parsley. Cut the chorizo into dice. Cut the cherry tomatoes into cubes. Zest and juice the lemon.

For the buttered leeks

In a pan drizzled with olive oil, place a knob of butter and let it foam. Add the leeks and cook over medium heat for 2 minutes. Reduce heat and add the white wine and a pinch of salt and pepper. Cook gently for 15-20 minutes, stirring occasionally. Remove from heat and add the goat cheese at the last moment.

For the chorizo salsa

In a hot pan, fry the diced chorizo over medium heat for 5-6 minutes until crispy. Drain the fat and keep aside as it will be used to sear the tenderloin. In a separate bowl, combine the tomatoes, shallots, chives, parsley and chorizo. Add a dash of olive oil, white balsamic vinegar, a dash of lemon juice, salt and pepper to taste. Mix.

For the beef tenderloin

Season the beef tenderloin with salt and pepper on both sides. In nonstick skillet, add the chorizo drippings and sear the fillets on both sides over high heat. Reduce heat and finish cooking for a few minutes over medium heat for rare or place them on a baking sheet and finish cooking in the oven for 5-6 minutes. Let rest.

Bon appétit!