

Beef tenderloin with Migneron de Charlevoix gratin, cognac oyster mushrooms and braised Savoy cabbage

Recipe for 4 persons

Description

An exceptional, generous, and decidedly refined dish designed to transform a dinner at home into a true fine-dining experience. Carefully roasted, the beef tenderloin reveals beautifully tender and juicy meat delicately infused with thyme, garlic, and foaming butter. It is served with a rich Migneron de Charlevoix potato gratin, whose distinctive, slightly fruity character elevates every creamy layer. Golden oyster mushrooms are finished in a luxurious Cognac sauce with tarragon and Dijon mustard, bringing wonderful depth and earthy richness. Braised Savoy cabbage, brightened with whole-grain mustard and lemon, provides a gently tangy contrast that perfectly balances the richness of the plate. Elegant, spectacular, and deeply comforting, this is the ideal main course for impressing your guests on a special occasion.

Note

For perfectly cooked beef tenderloin, pat the medallions thoroughly dry and make sure the pan is very hot before searing them. A deep, golden exterior creates the roasted flavors that give the dish its remarkable depth. Ideally, use an instant-read thermometer and remove the beef from the oven when it reaches approximately 129 to 133°F for rare to medium-rare, as its internal temperature will continue to rise slightly while resting. Allow the medallions to rest for at least 7 minutes before serving so the juices redistribute evenly throughout the meat, keeping every bite tender and succulent.

Ingredients

Beef tenderloin

- 4 Piece(s) Beef filet mignon
- 30 Gr Butter
- 2 Sprig(s) Thyme
- 2 Clove(s) Garlic
- 0 To taste Salt and pepper
- Salt and pepper
- Olive oil

Cognac oyster mushrooms

- 350 Gr Oyster mushroom
- 1 Unit(s) French shallot
- 1 Clove(s) Garlic
- 30 Gr Butter

Migneron de Charlevoix gratin

- 700 Gr Yukon gold potatoes
- 200 Ml Cream 35%
- 100 Ml Milk
- 140 Gr Migneron de charlevoix cheese
- 1 Clove(s) Garlic
- 2 Sprig(s) Thyme
- 15 Gr Butter
- 0 To taste Salt and pepper
- Salt and pepper
- Olive oil

Braised Savoy cabbage

- 400 Gr Savoie cabbage
- 1 Unit(s) French shallot
- 25 Gr Butter
- 100 Ml Vegetable stock

- 60 Ml Cognac
- 75 Ml White wine
- 250 Ml Veal demi-glace
- 125 Ml Cream 35%
- 1 Tbsp Dijon mustard
- 5 Sprig(s) Tarragon
- 5 Ml Lemon juice
- 1 Tbsp Wholegrain mustard
- 0 To taste 3 peppers
- Salt and pepper
- Olive oil
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Preparation

- Preparation time **60 mins**
- Preheat your **oven** at **400 F°**

Mise en place

- Remove the beef medallions from the refrigerator about 20 minutes before cooking.
- Peel the potatoes and use a mandoline to slice them thinly.
- Cut the Migneron de Charlevoix into thin slices.
- Clean the oyster mushrooms and tear them into pieces by hand.
- Thinly slice the Savoy cabbage.
- Finely chop the shallots and garlic.

Migneron de Charlevoix gratin

In a small saucepan, combine the cream, milk, garlic, and thyme. Bring gently to a simmer, then infuse for 5 minutes.

Butter four small individual molds or ramekins.

Arrange the potato slices in even layers. Lightly season each layer with salt and pepper and add a few pieces of Migneron de Charlevoix.

Remove the garlic and thyme, then pour in the cream mixture. Finish with a slice of Migneron de Charlevoix.

Place the molds on a baking sheet and bake for 30 to 35 minutes, until the potatoes are tender and the tops are golden brown.

Let it rest for 5 minutes before carefully unmolding.

Braised Savoy cabbage

Melt the butter in a large skillet. Add the shallot and sweat for 2 minutes without browning.

Add the Savoy cabbage and season with salt and pepper. Cook for 3 minutes, stirring regularly, until it begins to wilt.

Add the vegetable stock, cover, and braise over medium heat for 6 to 8 minutes.

Remove the lid and let any excess liquid evaporate. Add the whole-grain mustard and lemon juice. Adjust the seasoning and keep warm.

Cognac oyster mushrooms

Set aside about one-third of the best-looking oyster mushrooms for garnish.

Heat the olive oil in a large skillet over high heat. Add the remaining mushrooms and cook for 4 to 5 minutes, until golden brown.

Add half the butter, the shallot, and the garlic. Cook for 2 minutes more, then season with salt and pepper.

Remove the skillet from the heat and add the cognac.

Return to the heat and reduce until almost dry.

Add the white wine and reduce by half. Pour in the demi-glace and cream, then simmer until the sauce coats the back of a spoon.

Stir in the Dijon mustard, tarragon, and lemon juice. Adjust the seasoning.

In a second very hot skillet, sauté the reserved oyster mushrooms in the remaining butter. Season with salt and pepper and keep warm for plating.

Beef tenderloin

Season the beef medallions generously with salt and pepper.

Heat the vegetable oil in a skillet over high heat and sear the medallions for about 2 minutes per side.

Add the butter, thyme, and garlic. Baste the medallions with the foaming butter for 1 minute.

Finish cooking in the oven for 4 to 7 minutes, depending on the thickness of the medallions and the desired doneness.

For rare to medium-rare, the internal temperature should reach approximately 130 to 133°F when the beef comes out of the oven.

Transfer the medallions to a rack or plate and let rest for at least 7 minutes.

Plating

Plate the braised Savoy cabbage, beef tenderloin medallion, and Migneron de Charlevoix gratin.

Spoon the creamy cognac oyster mushroom sauce around the beef and garnish with the sautéed mushrooms, tarragon, fleur de sel, and freshly ground pepper.

Bon appétit!