

# Slow cooked beef tenderloin, caramelized onions and celery mousseline, Vichy carrots, chives, candied garlic, rosemary and thyme red wine reduction sauce

**Recipe for 4 persons**

## Description

Slow cooked beef tenderloin, caramelized onions and celery mousseline, Vichy carrots, chives, candied garlic, rosemary and thyme red wine reduction sauce.

## Note

Vichy carrots have their origins in Vichy, France. There is a source of water that celebrated for its healing properties and the carrots were originally cooked in this water.

## Ingredients

### Beef filet

- 4 Piece(s) Beef filet mignon
- 4 Pinch(es) Sea salt flakes
- 4 Turn(s) Freshly ground black pepper

### Celeriac purée with caramelized onions

- 1 Scoop(s) Celeriac
- 80 Ml Butter
- 100 Ml 35% whipping cream
- 2 Pinch(es) Sea salt flakes
- 5 Turn(s) Freshly ground black pepper
- 1 Unit(s) White onion
- 25 Ml Canola oil

### Vichy carrots

- 2 Large Carrot
- 750 Ml Sparkling water
- 50 Gr Butter
- 1 Pinch(es) Sea salt flakes
- 2 Turn(s) White pepper
- 15 Gr Sugar
- 4 Sprig(s) Chives

### Red wine sauce

- 1 Unit(s) French shallot
- 1 Clove(s) Chopped garlic
- 15 Ml Canola oil
- 15 Ml Butter
- 125 Ml Red wine
- 3 Turn(s) White pepper
- 2 Pinch(es) Salt
- 250 Ml Veal demi-glace

## Preparation

- Preparation time **30 mins**

### Beef cooked with the immersion circulator

First, make sure your beef is sealed properly. In a large bowl filled with water insert the immersion circulator set at 54°C to get your steak rare. Place your sealed beef in the water making sure it's well submerged. Right before serving, get the meat out and sear it in a hot pan using canola oil on

each side for 30 seconds. Leave the meat to rest for a few minutes before cutting into the proper portion size and serve.

### Celeriac purée with caramelized onions

In a pot, cook the onions with a knob of butter and oil until they caramelize. Add the celery root and season with salt and pepper. Add your bouillon to cover and simmer for 20 minutes. When the celery root is tender, place the vegetable in the blender and mix until smooth. You can add a little bit of the cooking liquid to ensure proper consistency. Adjust the seasoning with salt and pepper.

### Vichy carrots

Chop the chives, peel and cut the carrots into sliced approx. 5 mm thick. In a frying pan, add the butter, sugar, carrots and water to cover (you can leave about 1cm of carrots unsubmerged). Turn the heat to max and once it starts to boil lower the heat to simmer. Cook, with no lid, until the liquid is completely evaporated and the carrots are coated with the butter and sugar mixture. Add the chives at the last second and serve immediately.

### Roasted garlic

Slice the head of garlic in half and sprinkle a bit of olive oil and salt. Wrap in aluminum foil and cook in the oven for approximately 45 minutes. Let the garlic cool before extracting.

### Red wine sauce with thyme and rosemary

Chop the shallot and garlic. In the same pan as you have cooked the beef, add the butter and oil and cook the shallots until they are soft and translucent. Add the garlic and cook for a few seconds. Add the red wine to the pan and reduce until all the liquid has evaporated. Add the veal stock and reduce until sauce-like consistency.

**Bon appétit!**