



Recipes by Hubert Keller

Beef Tenderloin “a La Ficelle” with Mixed Vegetables

Ingredients:

(Yields: 4 servings)

- 2 ½ quart beef broth
- 2 Bay leaves
- 2 sprigs thyme
- 4 small leeks, white and tender green parts only, tied in a bundle
- 2 lb centre cut beef tenderloin, about 3-inch in diameter, tied
- Salt & pepper, to taste
- 1 large carrot, cut into ½-inch slices
- 12 pearl onions
- 1 stalk celery, cut into ¼-inch slices
- 2 small turnips, peeled and cut into ¼-inch slices
- 12 asparagus tips
- ¼ tsp coarse sea salt
- 12 sprigs fresh chervil, for garnish

Directions:

Bring the broth to a boil in a large saucepan. Reduce the heat to a simmer and add the bay leaves, thyme and leeks.

Season the beef with salt and pepper, and attach one end of a 10-inch length of string to the tied tenderloin. Carefully lower the tenderloin into the simmering broth, and tie the other end of the string to the handle of the saucepan. (Make sure the rest of the string is inside the pan and not hanging down outside). To cook the tenderloin rare, allow 12-15 minutes, for medium rare, 20 minutes, for medium, 20-25 minutes, and 30-35 minutes for well done.

Remove the tenderloin from the broth and keep warm (It's important to let the meat sit before serving so the juices will be distributed evenly, this making the meat more tender).

Return the broth to a boil and add the carrot and pearl onions. Boil for 5 minutes then add the celery and continue boiling for 3 minutes longer. Add the turnips and boil for 5 minutes, then add the asparagus and continue boiling for 4 minutes.

Drain the vegetables over a large mixing bowl and reserve the broth. Arrange the cooked vegetables in a warm, deep serving platter. Slice the tenderloin into ½-inch-thick slices and place on top of the vegetables in the centre of the platter. Cover generously with the reserved broth, sprinkle the meat with the coarse salt, and garnish with the chervil.

Serve in soup plates, and make sure each place setting includes both a fork and a spoon for the flavourful broth.