

Beef Béarnaise ala Chef Baba

There are two parts to this dish, the meat and the sauce. Béarnaise sauce can be very time consuming to prepare but is delicious over any meat. This is an easy way to make it.

The meat is beef Tenderloin, available at any meat counter. To get it just right you will want a meat thermometer.

Ingredients

4 lbs Beef tenderloin (aka Beef Fillet)

Pepper

Salt (Kosher or Himalayan Pink) Mix salt and pepper, 4:1 salt to pepper, ahead of time, keep in handy container

Ali Olio (pre-diced garlic under a layer of olive oil) Make ahead of time and store in refrigerator.

4 egg yolks

1 tbsp white wine vinegar

2/3 cup UNSALTED butter

2 tbsp fresh tarragon, leaves only, chopped

Directions

1. Preheat the oven to 400F.
2. Bring meat to room temperature before cooking.
3. The meat comes out in a flat tapered piece. Cut the wider part off, so you have two equal width pieces of meat. Tie it up each piece with kitchen twine into a round roll. Sprinkle with salt and pepper.
4. Heat frying pan to medium high.
5. Place meat in large frying pan and sear for a minute or two on all sides on high heat for a golden color.
6. Place your now seared tenderloin into the oven in a shallow pan, drizzle with some ali olio (oil and garlic) and cook at 400F for 25 minutes for medium rare and 30 minutes for well done. Medium rare temperature is 130F. The meat should be soft and springy (mostly pink throughout). Medium is 135F (brown around the edges and a little pink inside) and well done is 140F-145F (brown).

Check the temperature of your meat with the meat thermometer and remove as soon as it reached the desired temperature.

7. Leave it to rest for 10-15 minutes. The temperature will continue rising another 5F while resting.

While the meat is resting, make the sauce.

1. Melt the butter in a small saucepan and take it off the heat when it just starts to bubble. Pour it into a glass measuring cup. As it cools a white sediment will settle to the bottom and the top will be a golden yellow liquid. We will use the liquid but not the white sediment at the bottom of the cup. This yellow liquid is clarified butter.
2. In a small blender, a stick like immersion blender is the best one to use, blend the egg yolks with the white wine vinegar until pale. Keep your eggs cold until you separate out the yolks, they are much easier to separate when right out of the refrigerator.
3. With the motor still running, slowly pour in the melted hot butter, a little at a time and continue whipping with the blender until the sauce is thick, pale yellow and nearly triples in volume. DO NOT add all the clarified butter at once. Stir in chopped tarragon and season with salt to taste. Keep warm. You want it to be like a gravy, if it is a little too thick, thin with a small amount of water.

If you make the sauce ahead of time, you can keep it warm in a thermos bottle/travel mug.

Slice your tenderloin into thin slices and drizzle with sauce.