

Tournedos Rossini, bouquetiere de legumes glaces, sauce Perigue

Tournedos, Rossini style with glazed vegetable bouquetiere, sauce Perigueux style

Category: Entree

Ingredients:

- 4 pieces beef fillets, 7 ounces each [200-220 gr]
- 4 tablespoons sunflower oil
- Salt and freshly ground pepper
- 4 pieces fresh or frozen duck foie gras, 3 ounces each [50-60 gr]
- 4 slices black truffles, not too thick

Vegetable bouquetiere garnish:

- 20 pieces carrots, turned medium size
- 2 tablespoons sugar, granulated
- 1 tablespoon butter, unsalted
- Salt and freshly ground pepper
- 20 pieces turnips, turned medium size
- 2 tablespoons sugar, granulated
- 1 tablespoon butter, unsalted
- Salt and freshly ground pepper
- 20 pieces potatoes, turned medium size
- 1 tablespoon sunflower oil
- 3 tablespoons clarified butter, freshly made
- 2 tablespoons butter, unsalted
- Salt
- 12 tablespoons string beans
- 1 handful sea salt
- Ice cubes to refresh the beans after the cooking process
- 2 tablespoons butter, unsalted
- 1 teaspoon shallot, finely chopped
- Salt and freshly ground pepper
- 4 tablespoons fresh finely chopped curly parsley



Sauce, Perigueux:

- 2 large shallots, finely sliced
- 1 clove garlic, finely sliced
- 1 large bouquet garni
- 2 cups Madeira wine
- 2 tablespoons Cognac
- ½ teaspoon black crushed pepper
- 3 cups fresh brown veal stock
- ½ piece black truffle, finely chopped
- 4 tablespoons fresh duck foie gras, broken into small pieces
- 1 tablespoon butter, unsalted

Preparation:

Vegetable bouquetiere garnish:

- In two separate sauté pans, put the turned carrots and turnips. Add the water up to the top of the carrots, the butter and the sugar. Season with salt and pepper. Add the water to half high of the turnips, the butter and the sugar. Season with salt and pepper. Cook the vegetables until the time that all the liquid is completely evaporated.
- Continue to cook until the remaining sugar and butter become a light caramel. To avoid burning the vegetables it is necessary to frequently sauté them. When the caramel is at the right colour [light brown] wrap the carrots and turnips in it separately until that each of the vegetables get the brightness and light brown colour. Season the carrots and turnips individually. Add two tablespoons of chopped parsley in each of the sauté pans. Put aside.
- To cook the string beans, put a small pan full of water to boil. Add a large handful of sea salt. When the salty water is boiling, add the string beans and let them cook for about 10-15 minutes until the string beans are soft and not 'crispy'. Refresh the string beans in cold water with the ice cubes. To reheat the string beans melt some butter in a skillet or sauté pan, add the string beans and sauté for around 3-4 minutes, Add the chopped shallot and the remaining chopped parsley and sauté for about 1-2 more minutes. Season to taste.
- Put the potatoes cocotte style in a small pan. Add the water up to the top of the potatoes. Add the oil and boil the water with the potatoes and oil for about 2-3 minutes. Strain the potatoes.
- In a skillet or a sauté pan, heat the clarified butter over high heat until clarified butter becomes very hot. Put the potatoes on it and cook until light brown colour. Season with salt. Take out the clarified butter. Add the raw butter and cook again for 3-4 more minutes. Put aside.

Sauce, Perigueux:

- In small pan put the shallots, the bouquet garni, the crashed black pepper, the garlic, the Cognac and the Madeira wine. Boil and simmer until the Madeira wine is completely evaporated. Add the brown stock and let it reduce by ½. Strain the sauce in a “chinois fin”. Add the foie gras and the finely chopped black truffle. “Monter” au beurre without whisk by moving the pan slowly over medium heat. Season to the taste. Put aside or in a warm Bain Marie.

Beef fillets and foie gras cooking processes:

- In a medium sauté pan, heat the sunflower oil over medium-high heat. Season the fillets with salt and pepper. Sir the fillets equally in each side. Cook the fillets following the request of the passengers. When the fillets are cooked, put the fillets in a plate with absorbing paper to take out the excess of fat.
- Over high heat, heat a small non-stick pan or skillet. Season the slices of duck foie gras with salt and pepper. When the pan is very hot, put the slices of duck foie gras in it, sir and cook quickly for about 1 minute each side. In a plate with absorbing paper put the duck foie gras slices to take out the excess of fat.

Presentation:

- In a middle of each plate, arrange the bouquetiere of vegetables [it is also possible to mix all the vegetables together, delicately]. On the top of the vegetable put a fillet. On the top of the fillets, put a slice of foie gras. On the top of the foie gras, add the slices of black truffle.
- Pour the sauce delicately around the vegetables.
- Optional: It is possible to brush the top pf the foie gras and truffle with some clarified butter.