

# TOURNEDOS BEARNAISE

Source: Le Guide Culinaire, Escoffier

Prepared by: Kimi O'Dell Nelson, July 2016

Season Tournedos (beef medallions approximately 1 ½ thick weighing about 4 oz. each) with salt and pepper. Grill them and place each on a thin Crouton of bread fried in clarified butter. Coat with a little meat glaze.

Pipe a thin line of béarnaise sauce on each filet.

## **Bearnaise Sauce**

Place 7 oz (7/8 cup) each of white wine and tarragon vinegar in a small pan with 4 tablespoons chopped shallots, 2/3 ounce chopped tarragon leaves, 1/3 ounce chopped chervil, 5 grams crushed peppercorns, and a pinch of salt. Reduce by 2/3 and allow to cool. (*I strained it here*).

Add 6 egg yolks to the reduction and prepare the sauce over a gentle heat (I used a double boiler) by whisking in 1 lb. 2 oz of ordinary or melted butter. The Cohesion and emulsification of the sauce is effected by the progressive cooking of the egg yolks which depends to a great extent on its preparation over a slow heat.

When the butter has been completely incorporated, pass the sauce through a fine strainer; correct the seasoning, add a little cayenne and finish by mixing in 1 tablespoon chopped tarragon & ½ tablespoon chopped chervil.

Sauce Bearnaise which is rather like a mayonnaise but made with butter, cannot be served very hot as this will result in the sauce separating. It should be served lukewarm. If it does become too warm and separate, it can be reconstituted by whisking in a few drops of cold water (or an egg yolk).

*Cook's Notes: I went to my butcher and bought the small ends of the tenderloin. They didn't have quite enough as I needed, so I purchased some 8 oz. filet mignons and cut them in to two pieces.*

*I used a cookie cutter and cut slices of sourdough for the croutons. They turned out much better than I anticipated. The bearaise was easy to make, but I did cheat on straining it. I removed the herbs from the vinegar reduction before mixing it with the butter. My sauce did separate at one point and I needed to add another egg yolk to fix it.*

*I would definitely make this again.*

