



Beef Tenderloin with Bernaise Sauce

2 pounds of Whole filet of beef or 2 pounds of filet mignon
Kosher salt
Coarsely ground black pepper
Vegetable oil

Preheat oven to 500 degrees.

Pat beef dry. Salt and pepper beef. Add 2 tbsp vegetable oil in skillet and brown all sides of beef tenderloin or filet mignon steaks.

Place on sheet pan and roast until desired doneness. Let meat rest 20 minutes. Slice into 4-6 oz slices. Serves 4-5 people

Bernaise Sauce Recipe

Ingredients

1/4 cup vinegar
1/4 cup white wine
1 tsp tarragon, dry
1 tbsp scallion, minced
1/2 cup butter, melted
3 each egg yolks
1/2 tsp salt
1/4 tsp pepper

Directions

Serve with beef or fish, yield 1 1/2 cups (6 tbs per serving).
Combine vinegar, wine, pepper, scallions and tarragon in saucepan.
Cook over low heat until reduced to half, about 8 minutes. Strain mixture into top of double boiler. With wire whisk or rotary beater, beat in beaten egg yolks and salt. Cook over hot water until thickened. Beat in butter 1-tbl at a time. Stir over heat till creamy, about 1 minute. Serve hot over beef or fish fillets.

Servings: 4 servings