

Slow Roasted Beef Tenderloin with Dilmah Valley of Kings Ceylon Pekoe Tea Béarnaise and Sautéed Mushrooms





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- Sub Category Name Food Main Courses
- Recipe Source Name
 The Chefs and the Tea Maker 2010

Used Teas



Exceptional Valley of Kings Ceylon Pekoe

Ingredients

Slow Roasted Beef Tenderloin with Dilmah Valley of Kings Ceylon Pekoe Tea Béarnaise and Sautéed Mushrooms Beef Tenderloin

- 4 nos. Beef Tenderloin (60 g each)
- 50g Sautéed Mushrooms
- 5g Dijon Mustard
- Salt and Pepper to taste



Nuwara Eliya Pekoe Tea Béarnaise

- 2 nos. Egg Yolks
- 100ml Clarified Butter
- 20ml Tea Reduction (refer recipe)
- 4g Brewed Tea Leaves
- Seasoning

Tea Reduction

- 30ml Dilmah Exceptional Valley of Kings Ceylon Pekoe Tea Brewed liquid
- 10ml White Wine Vinegar
- 2g Chopped Onions
- 1 no. Bay Leaf
- 3 nos. Pepper Corns

Methods and Directions

Slow Roasted Beef Tenderloin with Dilmah Valley of Kings Ceylon Pekoe Tea Béarnaise and Sautéed Mushrooms Beef Tenderloin

• Season the tenderloin with salt, pepper and mustard. Slow roast in the oven until medium and rest.

Nuwara Eliya Pekoe Tea Béarnaise

• Proceed as for Béarnaise sauce.

Tea Reduction

• Combine all the ingredients and prepare the reduction

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