

Beef Tenderloin Steak Dressed with Blue Cheese Served on Green Vegetables



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Jaroslav Uscinski

Beef Tenderloin Steak Dressed with Blue Cheese Served on Green Vegetables, Basmati Rice – Shallot Puree, Yata Watte – Balsamic Sauce and Fresh Rosemary – Strawberry Salad

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

Used Teas



Yata Watte

Ingredients

Beef Tenderloin Steak Dressed with Blue Cheese Served on Green Vegetables, Basmati Rice

- 100ml strong Dilmah Yata Watte Tea
- 1500g tenderloin



- 200g blue cheese
- 300g green celery
- 300g green asparagus
- 100g balsamic cream
- 200ml olive oil
- 30g fresh rosemary
- 300g fresh strawberry
- 300g jasmine rice
- 100g butter
- Salt and pepper

Methods and Directions

Beef Tenderloin Steak Dressed with Blue Cheese Served on Green Vegetables, Basmati Rice

- Cut the tenderloin into 200g steaks.
- Fry non salted steaks to medium rare.
- Empty pan of steaks but keep the beef juice and add the shallots, and after 5 minutes, around 100g of the tea.
- Add balsamic cream, salt and pepper and reduce to cream sauce form.
- Cut 4cm sticks of Asparagus and some celery.
- Fry the celery and asparagus in butter for around 3 minutes and add salt and pepper.
- Make a salad of strawberry, olive oil and rosemary.
- Boil the Jasmine rice. Assemble in a delicate presentation.

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