

Slow Roasted Tenderloin With Pan-Seared Foie Gras, Braised Cabbage And Fondant Potatoes In Red Wine Jus



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Anupam Banerjee

- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Used Teas



Gourmet Darjeeling

Ingredients

Slow roasted tenderloin with pan-seared foie gras, braised cabbage and fondant potatoes in red wine jus

Darjeeling tea infused tenderloin



- 180g Angus tenderloin steak
- 5g black pepper by Ceylon Spice Company, ground
- 50ml rosemary steeped olive oil
- 5g Dilmah Darjeeling Tea
- 2g sea salt

Pan-seared foie gras

- 80g sliced foie gras
- 2g sea salt
- 3g chopped chives

Braised cabbage

- 100g cabbage, shredded
- 10g onions, thinly sliced
- 2g chopped garlic
- 2 sprigs thyme
- 10g Serrano ham
- 5g butter
- 20ml orange juice
- 50ml white wine

Fondant potatoes

- 1 piece (40g) flat barrel-shaped potato
- 300ml chicken stock
- 10g butter
- 5g Dilmah Darjeeling, tea leaves

Red wine jus

- 100ml brown beef stock
- 40ml full-bodied red wine
- 20ml Madeira wine
- 1 tsp chopped black truffles

Methods and Directions

Slow roasted tenderloin with pan-seared foie gras, braised cabbage and fondant potatoes in red wine jus

Darjeeling tea infused tenderloin



- Marinate the tenderloin steak overnight in olive oil, Darjeeling tea leaves and black pepper.
- Pan-fry the tenderloin in a heavy-bottom pan till even colouring is achieved.
- Then cook in a pre-heated oven at 180°C for 5 minutes, to a medium rare done-ness.
- Allow to rest then portion.
- Sprinkle with sea salt and serve.

Pan-seared foie gras

- Heat a non stick pan, add the foie gras and pan sear it till golden in colour on both sides.
- Pat dry with a paper towel, sprinkle with sea salt, garnish with chopped chives and serve.

Braised cabbage

- In a heavy-bottomed pan, melt the butter, add the sliced onions and garlic.
- Sauté till the onion turns pale pink.
- Add cabbage, Serrano, orange juice, white wine and thyme.
- Simmer the cabbage till the liquid is absorbed and cabbage is cooked.
- Serve.

Fondant potatoes

- In a deep pan, melt butter, add the potato and pan fry till golden in colour on both sides.
- Add the chicken stock and tea leaves.
- Place the pot in the oven and cook for 20 minutes till the potato is cooked.
- Strain and serve.

Red wine jus

- In a deep pan, add the red wine and Madeira and reduce to half.
- Add the beef stock and reduce till there is 1/4 stock remaining and a syrup consistency is achieved.
- Fold in the teaspoon of chopped truffles.