

TENDERLOIN - LE MEURICE

F EASY

Last Modified: 12/25/2013

PREP: 20 Min
COOK: 20 Min
STOVETOP

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Beef Tenderloin Steaks (Prime Grade)	1/2" Thick
1	Clove	Garlic	Minced
1	10 Oz	Can Champignon Mushrooms (Black & Gold)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

LE MEURICE STEAK SAUCE

1/4	Cup	Armagnac Brandy	
1/2	Stick	Unsalted Butter (Clarified)	
	Recipe	Sauce - Clarified Butter (See Step #2)	
1/2	Whole	Lemon	Juiced
1	Cup	Chicken Liver Pate (Giovanni's)	
	Recipe:	Appetizer - Chicken Liver Pate	
3/4	Cup	Heavy Cream	
1	Tbsp	Prepared Horseradish (Chadalee Farms)	Ground
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	I had this the one night that I stayed at the Le Meurice Hotel in Paris on my very first trip to France. I was never certain as to why they put me up at a 5 star hotel (ANYPLACE, let alone in Paris), but, nonetheless, this is to indeed die for. I actually found a photo of the hotel dining room. The room was packed & I was one of only two men NOT in a Tuxedo. Luckily, the French laissez-faire (give-a-shit) attitude saved the day for me.
NOTE	You want to purchase the thick end cut (Chateaubriand) of a Beef Tenderloin.
DRY AGEING BEEF	Pat the Tenderloin dry with paper towels, hand rub the entire surface with Kosher Salt and place it on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for a minimum of 1 day and a maximum of 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (REALLY funky looking) before cooking. Odds are you will not have to trim it at all. An 8 pound roast will lose well over 1/2 pound during this most important process.
NOTE	This assumes two 1/2 inch thick Tenderloin Steaks per serving, so cut the Beef Tenderloin into 8 equally sized pieces or simply purchase eight equal-sized Steaks.
FACTOID	If you decide to purchase an untrimmed Beef Tenderloin in Cryovac, you MUST prepare and trim it according to the instructions in RON'S GOLD PLATED COOKING FACTOIDS (Page 2) under BEEF TENDERLOIN.
OPTION	Using extremely lean and tender cuts of Venison Steak would also most likely work extremely well for this dish.

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NOTE	While the Armagnac Brandy will be difficult to find, the soft caramel flavor hints infused by it into this dish are well worth the effort. You may optionally substitute any very nice VS Cognac if it becomes absolutely necessary.
OPTION	You may simply purchase an already prepared Chicken Liver Pate, but using the fresh made Pate found in the Recipe: Appetizer - Jewish - Chicken Liver Pate as it comes out of the food processor is also well worth the effort.
TOOLS	<ol style="list-style-type: none"> 1) 3 - Small Mixing Bowls 2) Large Cast Iron Skillet OR Large Heavy Bottomed Stainless Steel Skillet 3) Fine Wire Strainer 4) Gravy Separator
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Mince the Garlic Clove and set it aside. 2) Drain the Mushrooms and set them aside.
1	1 Hour Before: Season the Beef Tenderloins generously with Salt and Pepper. Spread the Garlic evenly over the top of each Steak. Set everything aside to come to room temperature before beginning to cook because once you begin, this comes together quickly.
2	CLARIFIED BUTTER: Melt the 3 tablespoons of Butter in the Microwave and using a teaspoon, skim off all of the bubbles that separate and float to the top. Pour the Butter into a gravy separator and discard the white fat in the bottom, leaving ONLY the transparent yellow liquid.
3	Heat the skillet over medium high heat, add in the Clarified Butter and when hot, add in the Steaks (NOT touching). Sear them until brown on both sides, about 3 minutes. Remove the Steaks to a warm plate and set them aside, tent them with aluminum foil to keep them warm.
4	Measure the Brandy and heat it for 25 seconds on high in a microwave.
5	Add the Champignons into the skillet, pour over the warm Brandy, remove from the heat and light it on fire. Once the fire subsides by itself, add in a squeeze of Lemon Juice, stir and remove the Champignons to a bowl. Return the skillet to medium low heat and add in the Pate and Cream. Add in the Horseradish and whisk it to combine to form into a smooth Sauce - do NOT let it come to a boil. Place two Steaks on dinner plate, drizzle the tops with 1/4 of the Sauce and decorate it with 1/4 of the Champignons.
SERVE	Serve the Steaks while hot and accompany them with any Vegetables of your choosing on the side.