

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



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Rohan Fernandopulle

- 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