

*Spinach and Bleu Cheese Stuffed Beef Tenderloin with Grilled Rainbow Carrots and Wine Sauce,
Garlic Yucca Fries*



Spinach and Bleu Cheese Stuffed Beef Filets Ingredients

Four 4-6 oz. beef filets, preferably center cut (thicker is better)
½ # fresh spinach, stems removed
2-4 oz. crumbled bleu cheese
1 tbsp. unsalted butter
kosher salt to taste
ground black pepper to taste
1 oz. vegetable or canola oil for searing beef

Grilled Rainbow Carrots Ingredients

1 bunch rainbow carrots, unpeeled but scrubbed- keep the tops if available
(or skinny carrots that are just orange)
2 tbsp. veg oil
kosher salt to taste
ground black pepper to taste

Wine Sauce Ingredients

1 shallot, minced
1 bay leaf
1 sprig fresh thyme
1 cup dry red wine
1 quart beef stock or broth
1 tbsp. corn starch mixed with 1 tbsp. water
kosher salt to taste
ground black pepper to taste

Garlic Yucca Fries

1 pound fresh yucca, or IQF yucca fries
4 oz. (1 stick) unsalted butter, softened at room temperature
2 cloves minced garlic

2 tbsp. minced parsley
1 tbsp. minced dill leaves
oil for deep frying
kosher salt to taste
ground black pepper to taste

Beef Tenderloin Procedure

1. Make a pocket in the filets by inserting a long skinny knife into the side (not the top) of the filet move the blade back and forth to open the inside of meat, without making the hole any bigger. (or ask your butcher to do this for you).
 2. Heat butter in the bottom of a sauté pan. Add spinach. Sauté until wilted. Remove from heat, season with salt and pepper. When cooled to room temperature, stir in bleu cheese.
 3. Divide this spinach mixture between the four filets, and stuff into the pockets cut in the filets. (hint- if available, use a pastry bag or a plastic sandwich bag with a corner cut off).
- *can be done in advance.
4. When ready to eat, preheat a large sauté pan over medium high heat. Preheat oven to 400°F. Season both sides of the filets with salt and pepper.
 5. Add oil to bottom of pan. When very hot, add filets. Let the beef sear in the pan until nice and brown. Turn the filets over and sear the same.
 6. Place pan in the preheated oven, or remove filets and put in an ovenproof pan.
 7. Roast until desired temperature. *Approximate cooking times: For Rare (120-130°F) or less, after searing, put in oven just long enough for filling to heat through, medium rare (130-140°F) needs about 2 minutes on each side and about 5 minutes in oven, medium (140-150°F) place in oven after searing for about 8 minutes, medium well (150-160°F) needs 10 minutes in the oven after searing, medium well needs about 12 minutes in the oven after searing, well-done (160-170°F) needs about 15 minutes in the oven after searing.*

Wine Sauce Procedure

1. In a non-reactive saucepan- combine shallots, bay leave thyme and wine. Reduce to half over medium-low heat.
2. Add the beef stock or broth. Bring to a simmer. Reduce to half again.
3. While stirring, stir in cornstarch mixture. Bring back to a simmer.
4. Season to taste with salt and pepper.
5. Remove from heat and strain out shallots and herbs.

*easily made in advance

Grilled Carrots Procedure

1. Preheat grill to high.
2. Scrub carrots to remove dirt, but if possible don't peel.
3. Dry, and then lightly rub with oil. Season to taste with salt and pepper.
4. Grill until a paring knife inserted just barely inserts without resistance.
5. Remove from grill and slice into thick slices.
6. *tip- if the carrots have tops on them, garnish the carrots with rough chopped carrot leaves.

Garlic Yucca Fries

1. In a small bowl, mix together soft butter, garlic, parsley, dill and season to taste with salt and pepper.
2. Preheat deep fryer to 350°F. Alternatively: use a deep sauce pot and put at least 2-3 inches of oil in the bottom a pan that is 2 times as high as the oil. Heat oil and monitor temperature with a candy thermometer.
3. If using fresh yucca, peel with sharp knife. Then slice into large wedges. If using frozen yucca, defrost.
4. Fry yucca wedges until golden brown on the outside, and tender on the inside. Work in batches as necessary. When all the yucca is fried, but still warm, place in a large bowl. Add soft butter mixture and toss around gently until butter has melted and coated all the fries.

To serve:

Divide the yucca between 4 plates. Place stuffed beef filet on top. Top with wine sauce. Serve with grilled carrots.

Serves 4

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