



Tournedos with Creamed Spinach

Note: *Tournedos* are: A beef tenderloin, known as an eye fillet in Australasia, fillet in France, the United Kingdom, South Africa and Germany, is cut from the loin of beef.

Source: *Adapted from* -

http://www.rachaelrayshow.com/recipes/23587_tournedos_with_creamed_spinach

See Note at end of recipe

Ingredients - From the pantry:

Olive oil

fine Celtic Sea Salt and Tellicherry Black Pepper

Garlic

fresh grated Nutmeg

4 Beef Tournedos (filet steaks) 1¹/₄-inches thick

1 16-oz bag chopped Frozen Spinach, defrosted

1¹/₂ c Cream

1/2 c grated Parmigiano-Reggiano cheese

1/2 c Dry Sherry or Madeira

Directions:

Bring the beef to room temperature and season with salt and pepper.

Preheat a cast-iron skillet over medium-high heat.

Place the spinach in towel and wring out all of the liquid. Separate the spinach with fingers.

Heat another skillet over medium heat and add oil, 2 turns of the pan. Chop 4 large cloves garlic and add them to the skillet; stir 1 minute then add spinach and toss with tongs to combine. Season with salt, pepper and a bit of nutmeg, if you have it in the pantry. Add cream and reduce by half, 5 minutes. Stir in the cheese and let the spinach thicken up a minute or two more.

Cook the steaks in the cast-iron skillet for 2-3 minutes on each side until caramelized. Deglaze the pan with the sherry and remove everything to plates, serving 2 tournedos per person. Top each steak with an even mound of creamed spinach and serve with some good wine and chocolate-dipped berries for dessert.

Note: *Tournedos Rossini* is a French steak dish, perhaps created for the composer Gioachino Rossini by French master chefs Marie-Antoine Carême or Adolphe Dugléré, or by Savoy Hotel chef Auguste Escoffier. The dish comprises a beef tournedos (filet mignon), pan-fried in butter, served on a crouton, and topped with a hot slice of fresh whole foie gras briefly pan-fried at the last minute. The dish is garnished with slices of black truffle and finished with a Madeira demi-glace sauce. See photo above.

Demi-glace (English: "*half glaze*") is a rich brown sauce in French cuisine used by itself or as a base for other sauces. The term comes from the French word *glace*, which, used in reference to a sauce, means icing or glaze. It is traditionally made by combining equal parts of veal stock and espagnole sauce, the latter being one of the five mother sauces of classical French cuisine, and the mixture is then simmered and reduced by half.

Common variants of demi-glace use a 1:1 mixture of beef or chicken stock to sauce espagnole; these are referred to as "beef demi-glace" (*demi-glace au boeuf*) or "chicken demi-glace" (*demi-glace au poulet*). The term "demi-glace" by itself implies that it is made with the traditional veal stock.

Espagnole sauce: The basic method of making espagnole is to prepare a very dark brown roux, to which veal stock or water is added, along with browned bones, pieces of beef, vegetables, and various seasonings. This blend is allowed to slowly reduce while being frequently skimmed. The classic recipe calls for additional veal stock to be added as the liquid gradually reduces, but today water is generally used instead. Tomato paste or pureed tomatoes are added towards the end of the process, and the sauce is further reduced.