

Beef Tenderloin on Spinach bed with Potato Croquette and Cauliflower Mash served with Wild Mushroom Sauce

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Difficulty: Medium

Preparation time: 45 minutes

Cooking time: 45 minutes

** This recipe serves 2 dishes

INGREDIENTS	METHOD
Beef Tenderloin <ul style="list-style-type: none">- 2 pc of 250 fillet Beef- Salt & Black Pepper to taste- 2 tablespoons of olive oil- 2 tablespoons of butter	<ol style="list-style-type: none">1. Take a Medium size Cast Iron pan2. Add the Olive oil & Butter then place the beef fillets and season it with Salt and Black Pepper3. Sear all the sides of the meat then place it in the pre-heated oven4. Cook the meat according to the doneness you prefer
Spinach <ul style="list-style-type: none">- 350 gr fresh spinach- 3 cloves of chopped garlic- 2 tablespoons of butter- Salt & Black Pepper to taste	<ol style="list-style-type: none">1. Take a large pan & add the butter & garlic then sauté it for a minute2. Add the spinach leaves, season it with salt & pepper and cover it for 4-5 minutes, till the spinach leaves are sautéed well3. Stir it from time to time
Potato Croquette <ul style="list-style-type: none">- 250 gr mashed potato- 2 teaspoons of chopped parsley- 60-70 gr flour- 1 small egg- Breadcrumbs- Vegetable oil for frying	<ol style="list-style-type: none">1. Mix the mashed potato with the parsley and season it with salt & pepper to your taste2. Prepare 3 small bowls and add the flour, the egg and the breadcrumbs separate (beat the egg)3. Measure the croquettes with a tablespoon, shape them in small logs, then one by one dip them first in flour then the egg then the breadcrumbs. Make sure they are well coated with each ingredient4. Fry them golden in vegetable oil
Cauliflower Mash <ul style="list-style-type: none">- 250 gr cauliflower- Salt & white pepper for taste- 40 ml cooking cream- 1 tablespoon butter	<ol style="list-style-type: none">1. Cook the cauliflower in salted water and then strain it well2. In a bowl mash the cauliflower3. Add the butter and the cooking cream and mix it well till it's smooth and creamy, season it with salt and white pepper
Wild Mushroom Sauce <ul style="list-style-type: none">- 2 palmful of sliced mixed wild mushrooms- 2 tablespoon of butter- 1 small chopped shallot- 50 ml red wine- 100 ml beef demi-glace- Salt and black pepper to taste	<ol style="list-style-type: none">1. In a saucepan melt the butter and sauté the fine chopped shallot till is translucent2. Add the sliced mushrooms and mix with the onion3. Add the red wine, the demi-glace and season it with salt and black pepper4. Cook the sauce till it's nicely reduced and thickened