

Beef Tenderloin with Shrimp Crêpinette

Charred Tomato Demi-Glace

(Serves 6)

Demi-Glace:

3	Beefsteak Tomatoes
2 Tbs	Olive Oil
1 Tbs	Fresh Garlic, minced
1 Tbs	Shallot, minced
6	Fresh Sage Leaves, cut into thin strips
1 tsp	Fresh Rosemary, minced
½ tsp	Fresh Thyme Leaves
2 cups	Red Wine
8 cups	Beef Stock
	Salt and Fresh Ground Black Pepper

Beef:

	Olive Oil
3 lbs	Beef Tenderloin (Chateau Briand)*
1 lb	Shrimp (any size), peeled and deveined
1 Tbs	Soby's Creole Seasoning, see page 204
¼ cup	Italian Parsley, chopped
1	Egg, whole
1	Egg White
¾ cup	Heavy Cream
½ lb	Caul Fat*
	Salt and Fresh Ground Black Pepper

*See the Chef's Notebook for information about these items.

"When we opened Soby's Loft, we created several menus for guests to choose from, representing many different ingredients. The beef tenderloin quickly became the most popular entrée choice. Because this dish requires quite a bit of preparation, I suggest saving it for a very special occasion. The sauce can be made several days in advance and warmed for serving.

"When making mousse, it is important to keep everything cold. Chill your food processor bowl and blade with ice water and dry thoroughly before adding the chilled ingredients."

For the Demi-Glace: Heat a grill or the oven to 500°F.

Toss the tomatoes in the olive oil. Place them on the hot grill or in the oven and cook until the outsides are completely caramelized, approximately 5 to 10 minutes. When the tomatoes are done, run them through a food mill. In a saucepan, sauté the garlic, shallot, and herbs until the shallot and garlic are soft and lightly browned. Do not burn the garlic. Add the red wine and simmer until it is reduced by half. Add the beef stock and slowly reduce by half again. Add the puréed tomato and season to taste with salt and pepper. Strain the sauce through a fine mesh sieve. Serve hot.

For the Beef: Heat a small amount of oil in a large skillet.

Season the beef with salt and pepper and sear in the hot oil. Refrigerate while you make the mousse.

For the mousse, work with well-chilled ingredients, utensils, and bowls. Place the shrimp, creole seasoning, and parsley in a food processor and process until the shrimp is well puréed. Scrape down the sides of the bowl with a rubber spatula as necessary. For the next step, work quickly and keep going until the mousse is done. Stop the processor and add the eggs. Start the processor and drizzle in the cream as quickly as it can be absorbed into the mixture. As soon as all the cream is incorporated, stop the processor. Remove the mousse to a bowl and refrigerate it until needed. →



Preheat the oven to 375°F. In a clean and tidy workspace, lay a large piece of plastic wrap on the counter (you may have to overlap two pieces to make it wide enough). Have the caul fat, seared tenderloin, and shrimp mousse ready to assemble.

Spread a piece of caul fat on the plastic wrap. You can use several overlapping pieces, but the bigger they are the better. The caul fat must be as long as the cut of beef and wide enough to go completely around the beef. Place the seared tenderloin on the caul fat about 3 inches from the edge closest to you. Spread the shrimp mousse onto the tenderloin along the length of the far side of the beef until it is about 1 inch thick. Using the plastic wrap, tightly wrap the caul fat around the beef and shrimp. Be careful not to wrap the plastic into the roll. Remove and discard the plastic wrap.

Carefully place the beef in a roasting pan and season with salt and pepper. Roast for about 40 minutes or until a thermometer inserted in the center of the meat reads 125°F. Remove the meat from the oven and allow it to rest covered loosely with aluminum foil for about 10 minutes before slicing.

Finish the Dish: Slice the tenderloin into six equal slices. Serve it with the charred tomato demi-glace and your choice of side dishes.

Pairing Suggestion: Cabernet Sauvignon (Sonoma or Napa). Although shrimp plays a significant role in this dish, the beef takes priority for the pairing and gives you a great opportunity to serve your favorite Cab.

Chef's Notebook

Make arrangements with your butcher several days before you plan to prepare this recipe, especially around busy holiday times. Have your butcher cut a 3-lb piece from the center of the barrel (also known as Chateau Briand). Make sure all fat and silver skin has been removed. This cut costs more, but it is for a special occasion, so it is worth it. Next, ask your butcher for

a couple nice pieces of caul fat. Caul fat is a thin layer of fat that provides a protective lining for the organs of the pig. It is white or pinkish and has no odor or flavor of its own. It is used to make sausages and to wrap meats. In this recipe caul fat is what holds the tenderloin and shrimp together. If your butcher cannot get it, you can order it at www.nimanranch.com.



1. Soak caul fat in fresh water and drain.



2. Lay a sheet of caul fat on top of plastic wrap.



3. Place seared tenderloin on caul fat.



4. Have the well-chilled shrimp mousse ready.



5. Spread mousse on tenderloin.



6. Cover one side of tenderloin with mousse.



7. Use the plastic wrap to roll the caul fat around tenderloin.



8. Trim off excess caul fat.



9. Season with salt and pepper before roasting.