

TOURNEDOS OF BEEF

By Bob Skolnick Photography by Marty Shortum Studio



THIS CLASSY DISH IS A DELICIOUS WAY TO DRESS UP DINNER. THE FINAL PRESENTATION IS VISUALLY STUNNING AND PALATE PLEASING, BUT DON'T BE INTIMIDATED BY THE INGREDIENT LIST, IT COMES TOGETHER EASILY AND LOOKS LIKE YOU'VE SPENT WEEKS IN THE KITCHEN PREPARING.

Tournedos of Beef Romanoffs

Serves 4

Ingredients

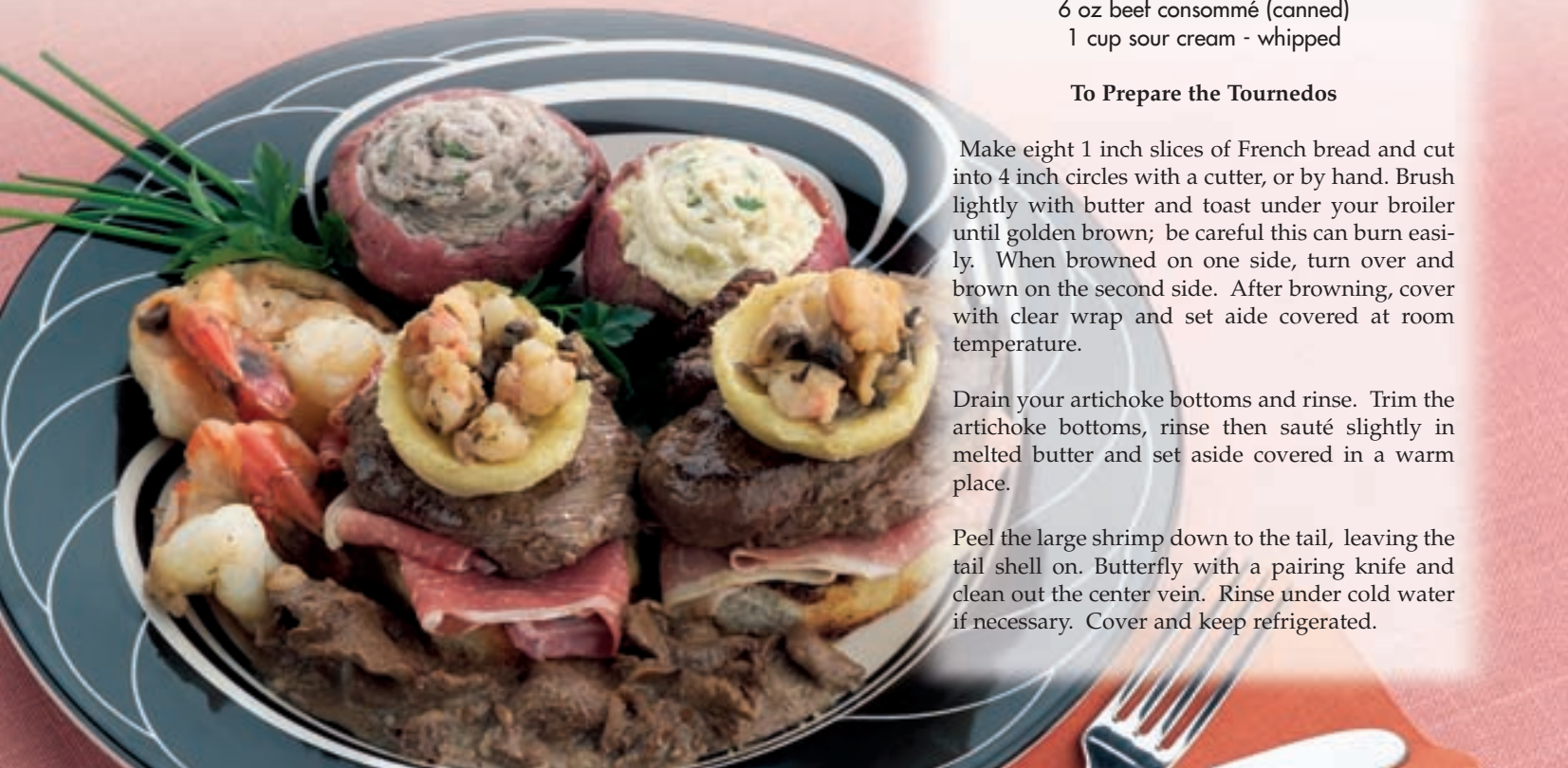
- 24 oz beef tenderloin center cut (cut into 8 each 3 oz rounds)
- 1 loaf French bread (6" diameter) cut into 8-½ inch thick sliced bread rounds
- 8 each artichoke bottoms (largest available)
- 8 oz prosciutto sliced
- 8 each shrimp, small raw, peeled and deveined
- 8 each shrimp - medium size raw, peeled and deveined
- 4 each mushroom caps - medium - chopped fine
- 1 pkg fresh chives - chopped
- 1 pkg fresh thyme
- ¾ lb fresh salted butter
- 2 oz olive oil
- 2 oz shallots minced
- 2 oz roasted garlic
- 4 oz cooking sherry
- 4 oz dried wild mushrooms (soaked in beef stock)
- 6 oz beef consommé (canned)
- 1 cup sour cream - whipped

To Prepare the Tournedos

Make eight 1 inch slices of French bread and cut into 4 inch circles with a cutter, or by hand. Brush lightly with butter and toast under your broiler until golden brown; be careful this can burn easily. When browned on one side, turn over and brown on the second side. After browning, cover with clear wrap and set aside covered at room temperature.

Drain your artichoke bottoms and rinse. Trim the artichoke bottoms, rinse then sauté slightly in melted butter and set aside covered in a warm place.

Peel the large shrimp down to the tail, leaving the tail shell on. Butterfly with a pairing knife and clean out the center vein. Rinse under cold water if necessary. Cover and keep refrigerated.



For the filling of the artichoke bottoms, peel the smaller shrimp totally and dice into ¼ inch pieces. Melt ¼ lb of butter in a sauté pan and on medium heat sauté the minced shallots until translucent, add the finely chopped regular mushrooms and sauté for a few minutes until cooked. Add the diced raw shrimp and cook for 2 minutes. Add 1 oz of sherry cooking wine and simmer for two minutes. Add a pinch or two of the fresh thyme leaves and an ounce of chopped chives. Season with salt and pepper and set aside at room temperature. Add 3 tablespoons of sour cream and blend all together. Season with salt and pepper as needed.

To finish the tournedos, heat a large sauté pan and melt ¼ lb of butter on medium heat. Be careful not to let it burn or brown the butter. Add the jumbo peeled shrimp and sauté quickly turning them frequently until they are done and firm but be careful not to over cook the shrimp. Remove the shrimp from the pan and place covered in a warm place until assembly. Now add your sautéed shrimp into the same pan, add a couple ounces of olive oil and bring to a medium heat. Add your tournedos to the pan, season with pepper and sauté on both sides until cooked to preferred degree of doneness. Remove the tournedos from the sauté pan and set aside in a warm place.

The Sauce

To make the sauce, take the pan you sautéed the tournedos and jumbo shrimp in and add the roasted garlic, the drained and reconstituted dried mushrooms, and sauté on medium heat for three minutes. Turn up the heat and add the remaining 3 ounces of cooking sherry. Let simmer until the wine mixture is reduced by two-thirds (approximately five minutes). Add the beef stock (preheated in a microwave) and bring back to a rapid simmer for 3 minutes more. Add the remainder of the chopped chives and a half ounce of chopped fresh thyme leaves. Season to taste with ground black pepper. Now stir in the remainder of the sour cream. If the consistency is still too loose, use a thickener such as diluted corn starch or Wondra Flour. The sauce should have the consistency of a light gravy.

Plate Assembly

Place two toasted croutons on the plate. Place a slice of prosciutto on each crouton. Place a beef tournedo on each crouton with the slice of prosciutto. Top each tournedo with an artichoke bottom. Fill the artichoke bottom with the shrimp mushroom filling. Place two of the jumbo shrimps on each plate and finish by ladling the wild mushroom sauce in front of the tournedos.

A great accompaniment is a red potato baked and hollowed out and stuffed with a seasoned potato filling.

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