



MEDALLION OF BEEF WITH GREEN PEPPERCORN SAUCE

Every now and again, I like to have beef as a main course.

Feels like I am treating myself to restaurant quality and style, but I get to stay in my kitchen and be my own chef! Add in a nice green peppercorn sauce and the mingling of the flavours on my palate is wonderful. I especially like the little kick and earthiness of the peppercorn!

INGREDIENTS:

1 tsp	SCS Salted Butter
1	Beef Tenderloin (About 180gm)
3 tbsp	Chicken Stock
3 tbsp	Cream
1 tsp	SCS Cream Cheese
1/2 tsp	Green Peppercorns
1 tbsp	GOURMET Extra Virgin Olive Oil
6	Grilled Asparagus (For garnish)

Salt & Pepper (To taste)

Mesclun Salad (For garnish)

1. Season the beef tenderloin and preheat a pan until hot.
2. Put the oil in the pan, add in the tenderloin and cook for about 3 minutes. Turn and cook for another 3 minutes (for medium doneness), taking care not to burn the meat. Remove from the pan and keep warm.
3. Discard the oil from the pan and add the stock.
4. Using a wooden spoon, scrap the brown bits left on the pan from cooking the beef and stir into the stock.
5. Add the cream and reduce slightly.
6. Add in the green peppercorns and SCS cream cheese, whisking to incorporate the cheese into the stock mixture.
7. Slowly whisk in the SCS butter and season to taste.
8. Place the asparagus on a plate and lay the beef tenderloin over it. Any juice that has been released while the beef was resting can be added to the sauce.
9. Spoon the sauce around and add in the mesclun salad.