



## Filet Mignon with Blender Bearnaise

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds end piece beef tenderloin trimmed
- 1 stick butter melted
- 0.3 cup champagne vinegar
- 0.3 cup cooking wine dry white
- 3 egg yolks
- 1 bunch tarragon fresh
- 4 servings kosher salt and pepper black freshly ground
- 4 servings olive oil extra-virgin

- 4 servings salt and pepper black freshly ground
- 2 shallots minced

## Equipment

- frying pan
- sauce pan
- oven
- blender
- kitchen thermometer
- aluminum foil
- stove

## Directions

- Preheat oven to 400 degrees F.
- Take the beef tenderloin and drizzle with olive oil. Season well all over with plenty of kosher salt and freshly ground black pepper all over. Make sure it is at room temperature before cooking.
- Place a large cast iron skillet over medium-high heat on the stove top and sear tenderloin all over.
- Place the whole pan in the oven and roast the tenderloin for 15-17 minutes (depending on how thick your tenderloin is). An instant-read thermometer when inserted into the thickest part of the meat should read 130 degrees F for medium-rare. If you want it medium, cook for a further 3 minutes in the oven.
- Remove from the oven and tent with foil while you let it rest for 10 minutes before cutting.
- Make the bearnaise reduction first. In a small saucepan, combine half of the tarragon, shallots, vinegar and wine over medium-high heat. Bring to a simmer and cook until reduced by half.
- Remove from heat and set aside to cool.
- Blend yolks and bearnaise reduction together in a blender. With the blender running, add 1/3 of the butter in a slow steady stream. Once it emulsifies, turn the blender speed up to high and add the remaining butter.

Add the remaining half bunch of fresh tarragon leaves, season with salt and pepper and give it 1 more buzz. Set aside in a warm spot to hold the sauce.

## Nutrition Facts

**PROTEIN 3.23%** **FAT 92.56%** **CARBS 4.21%**

### Properties

Glycemic Index:57.25, Glycemic Load:1.2, Inflammation Score:-6, Nutrition Score:6.6634782189908%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 400.32kcal (20.02%), Fat: 40.65g (62.54%), Saturated Fat: 17.78g (111.15%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.22g (1.36%), Cholesterol: 206.54mg (68.85%), Sodium: 193.13mg (8.4%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 3.19g (6.38%), Vitamin E: 3.03mg (20.18%), Vitamin A: 986.23IU (19.72%), Manganese: 0.25mg (12.66%), Selenium: 8.11µg (11.58%), Vitamin K: 10.99µg (10.46%), Phosphorus: 77.4mg (7.74%), Iron: 1.38mg (7.64%), Folate: 30.47µg (7.62%), Vitamin B6: 0.15mg (7.38%), Vitamin B2: 0.11mg (6.63%), Calcium: 54.87mg (5.49%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.73µg (4.86%), Vitamin B5: 0.48mg (4.81%), Potassium: 142.92mg (4.08%), Magnesium: 13.24mg (3.31%), Zinc: 0.49mg (3.26%), Vitamin B1: 0.04mg (2.58%), Vitamin C: 2.07mg (2.51%), Fiber: 0.6g (2.39%), Copper: 0.04mg (1.98%), Vitamin B3: 0.24mg (1.19%)