

# Beef Medallions Cooking Class



## Pan Seared Beef Medallions Menu

- Hors d'oeuvre - Caramelized Shallot and Blue Cheese Dip
- Beef Medallions
- Pan Sauce
- Oven Roasted Vegetable Medley
  - Carrots
  - Asparagus
  - Mushroom
  - Onion
- Mashed Potatoes
- Dessert – Peach Melba





## Caramelized Shallot And Blue Cheese Dip

### Ingredients

- 1 cup shallots sliced
- 2 tablespoons of olive oil
- 2 teaspoons of sugar
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 3 ounces of Gorgonzola cheese (roughly grated)
- 2 dashes of Tabasco

Salt & pepper to taste

### Instructions

- 1 Sauté shallots in olive oil under medium heat with sugar to help the caramelization. Sauté until golden brown. Be careful not to burn. It is better to err on the golden side as char turns into deep brown in the dip. Let cool
- 2 In a food process combine mayo and sour cream
- 3 Add shallots, gorgonzola, Tabasco and salt and pepper
- 4 Pulse to combine
- 5 Serve with raw carrots, celery or chips



# Beef Medallions Cooking Class



## Pan Seared Beef Medallions With Pan Sauce

### Ingredients

- 2 lbs. NY Strip (each steak about 1 lb. and 1.5 inches thick) cut (during class) into 4 ounce medallions
- 4 tablespoons butter
- 2 tablespoons olive oil
- 4 tablespoons shallot finely minced
- 4 cloves garlic finely minced
- ½ cup red wine
- 2 cups beef broth
- 2 teaspoons corn starch
- ½ cup water (to dissolve cornstarch)
- Kosher salt
- Black pepper
- ¼ teaspoon white pepper
- 3 sprigs fresh thyme for presentation (optional)

### Instructions

1. Leave beef medallions out at room temperature for 1 hour and season generously with Kosher salt and black pepper
2. In a large frying on high pan melt 2 tablespoons of butter and 2 tablespoons of olive oil
3. Sear beef for 3 minutes on first side and one minute on second side to medium rare or two minutes on the second side for medium. Set aside on a plate to cool
4. Add shallots and garlic stirring constantly for 1 minute
5. Add red wine stirring to deglaze the bottom of the pan
6. Add 1.5 cups of beef broth, bring to a boil and reduce by 33% (about 4 minutes)
7. In a small bowl, dissolve the cornstarch in cold water and stir into the sauce to thicken. It should come to a thickness that will coat a spoon. If too thick add more beef broth. If too thin add another teaspoon of dissolved corn starch
8. Stir in 2 tablespoons of butter (it's a French thing...)
9. Check seasoning and add a pinch of white pepper
10. Add back the beef medallions to reheat briefly
11. Plate

Serves 4 persons



## Oven Roasted Vegetable Medley

### Ingredients

- 6 large carrots peeled and cut into (during class) into  $\frac{1}{4}$  inch diagonal medallions
- 12 large asparagus, bottoms trimmed and cut into 2-inch pieces
- 12 large mushrooms cut in half
- $\frac{1}{2}$  large onion cut into a  $\frac{1}{2}$  inch dice
- 4 tablespoons olive oil
- Kosher Salt
- Freshly ground black pepper

### Instructions

1. Preheat oven to 400 degrees
2. Cover a large, rimmed baking sheet with aluminum foil and spread-out vegetable evenly in one layer
3. Brush with olive oil
4. Sprinkle generously with salt and pepper
5. Bake for 30 minutes in the 400-degree oven

Serves 4 persons



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## Mise en Place of roasted veggies with beets instead of mushrooms

### Mashed Potatoes

#### Ingredients

- 2 lbs. russet potatoes peeled and cut into 1 inch pieces
- 3 cloves garlic peeled
- ½ cup milk (heated one minute in microwave)
- Kosher Salt
- Black pepper

#### Instructions

1. In a medium pot add potatoes/garlic and cover with cold water
2. Bring the potatoes/water to a boil and cook for 15 minutes or until fork tender
3. Drain the cooked potatoes and then add back to the pot
4. Mash and then add ½ of the milk stirring vigorously to blend add salt and more milk to get to the desired consistency
5. Set aside

Serves 4 persons



Peeled and cut potatoes prior to boiling



## Peach Melba

### Ingredients

- 4 canned peach halves
- 1 tablespoons Bonne Maman Wild Blueberry preserve
- 4 scoops of vanilla ice cream
- 1 lime for zesting
- 4 Oreos
- 4 mint sprigs (optional)

### Instructions

- Place a scoop of ice cream in a small bowls
- Add a peach halve
- Place a tablespoon on Blueberry preserve in the peach halve
- Decorate with an oreo and a mint sprig
- Sprinkle with lime zest
- Serve

Serves 4 persons



# Beef Medallions Cooking Class



## Plating

1. Layout 4 plates
2. Spoon out a serving of mashed potatoes in the middle of each plate
3. Place 2 medallions on top of potatoes
4. Spread veggies on one side and mushrooms on other
5. Place sauce on the side of the plate with the remainder in a bowl to be placed on the table so guests can add their own additional sauce



A plating (with too much sauce)

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## Mise En Place (Things to be done in advance)

Beef

Cut beef (to be done during class)

Salt

Pepper

Sauce

Peel/mince shallot

Peel/mince garlic

Butter

Olive oil

Red wine

Beef broth

Salt

White pepper

Vegetables

Peel carrots (To be cut during class)

Trim/cut asparagus

Wipe mushrooms

Peel/dice onion

Olive oil

salt

Pepper

Mashed Potatoes

Peel/cut potatoes (place in pot covered with cold water)

Garlic

Milk

Salt

Pepper





## Dip

To be made in advance (can be made up to a week in advance but don't because it tends to disappear)

## Peach Melba

To be made a-la-minute (Translated...we can wing it at the last minute)

# Beef Medallions Cooking Class



## Equipment

### Beef

Knife  
12-inch frying pan  
Plates

### Sauce

12-inch frying pan (one pan for both beef and sauce)  
Wooden spatula/stirrer  
Whisk  
Small bowl to dissolve cornstarch

### Vegetables

Large, rimmed baking sheet  
Aluminum foil

### Potatoes

Medium sized pot  
Potato masher  
Spoon  
Small bowl to heat milk

### Dip

Frying pan  
Food processor  
Bowl

Peach Melba

4 small bowls  
Spoon for ice cream and Blueberry preserve  
Zester (fine grater) for lime

# Beef Medallions Cooking Class



## Shopping List

	Produce	Meat	Dairy	Other
<b>Pan Seared Beef Medallions With Pan Sauce</b>				
2 lb. filet mignon or NY Strip cut (during class) into 4 ounce medallions		Beef		
4 tablespoons butter			butter	
2 tablespoons olive oil				Olive Oil
4 tablespoons shallot finely minced	Shallot			
4 cloves garlic finely minced	Garlic			
½ cup red wine				Red Wine
2 cups beef broth				Beef broth
3 heaping teaspoons corn starch				Cornstarch
½ cup water (to dissolve cornstarch)				Water
Kosher salt				Salt
Black pepper				Pepper
¼ teaspoon white pepper				White pepper
3 sprigs fresh thyme for presentation (optional)				
	Thyme			
<b>Oven Roasted Vegetable Medley</b>				
6 large carrots peeled and cut into (during class) into ¼ inch diagonal medallions	Carrots			
12 large asparagus, bottoms trimmed and cut into 2-inch pieces	Asparagus			
12 large mushrooms cut in half	Mushrooms			
½ large onion cut into a ½ inch dice	Onion			
4 tablespoons olive oil				Olive oil
Kosher Salt				Salt
Freshly ground black pepper				Pepper
<b>Mashed Potatoes</b>				
2 lbs. russet potatoes peeled and cut into 1 inch pieces	Potatoes			
3 cloves garlic peeled	Garlic			
½ cup milk (heated one minute in microwave)			Milk	
Kosher Salt				Salt
Black pepper				Pepper
<b>Caramelized Shallot And Blue Cheese Dip</b>				
• 1 cup shallots sliced	Shallot			
• 2 tablespoons of olive oil				Olive Oil
• 2 teaspoons of sugar				Sugar
• 1/2 cup mayonnaise			Mayo	
• 1/2 cup sour cream			Sour Cream	
• 3 ounces of Gorgonzola cheese (roughly grated)			Gorgonzola	
• 2 dashes of Tabasco				Tabasco
• Salt & pepper to taste				Salt pepper
				Chips
<b>Peach Melba</b>				
4 canned peach halves				Peaches
1 tablespoons Bonne Maman Wild Blueberry preserve				Blueberry
4 scoops of vanilla ice cream			Ice cream	
1 lime for zesting	Lime			
4 Oreos				Oreos
4 mint sprigs (optional)	Mint			



## Game Plan

- Hors d'oeuvre
- Situation
  - Menu
  - Mise en place
- Roasted Vegetables
- Mashed Potatoes
- Prep beef
- Sauté beef
- Pan sauce
- Mash Potatoes
- Heat beef
- Plate
- Dinner
- Dessert