

Kremal? Bonfile

Creamy beef tenderloin with garlic mushroom sauce - tender, juicy steaks in a rich cream sauce. Perfect for special occasions and elegant dinners.

10 min

HAZIRLIK

30 min

PI?IRME

40 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Kremal? Bonfile

Malzemeler

- 600 g beef
- 3 clove garlic
- 3 tbsp olive oil
- 1 tbsp vinegar
- 1 tbsp soy sauce
- 1 cup heavy cream
- 200 g mushroom
- 2 sprig rosemary
- 1 tsp salt

Yap???

- 1 Prepare the beef**

Cut 600g beef tenderloin into 4 equal medallions, each about 150g and 2.5cm thick. Pat completely dry with paper towels.
- 2** Mince 3 garlic cloves and combine with 3 tablespoons olive oil, 1 tablespoon vinegar, and 1 tablespoon soy sauce in a shallow dish. Add beef medallions and turn to coat evenly.
- 3** Cover and marinate in refrigerator for at least 4 hours or overnight, turning once halfway through.
- 4 Cook the beef**

Remove beef from refrigerator 30 minutes before cooking to bring to room temperature. Heat a heavy-bottomed pan or cast iron skillet over medium-high heat until very hot and smoking slightly.
- 5** Remove beef from marinade and pat dry again. Season both sides generously with 1 teaspoon salt and black pepper to taste.
- 6** Sear beef medallions for 3-4 minutes per side until a golden brown crust forms and internal temperature reaches 54-57°C (130-135°F) for medium-rare. Add 2 rosemary sprigs to the pan during the last minute.
- 7** Transfer beef to a warm plate, cover loosely with foil, and rest for 5 minutes while you make the sauce.
- 8 Make the mushroom cream sauce**

Slice 200g mushrooms into 5mm thick pieces. Add to the same pan over medium-high heat and cook for 5-6 minutes until liquid evaporates and mushrooms are golden brown.

- 9 Season mushrooms with salt and pepper to taste. Pour in 1 cup heavy cream and bring to a gentle simmer.
- 10 Cook cream sauce for 2-3 minutes, stirring occasionally, until it thickens enough to coat the back of a spoon.
- 11 **Serve**
Return beef medallions to the pan for 30 seconds to warm through. Serve immediately with the mushroom cream sauce spooned over top.

?puçlar?

Bring beef to room temperature 30 minutes before cooking for even heat distribution and optimal searing.

Pat the beef completely dry with paper towels before seasoning to ensure proper browning and prevent steaming.

Use a heavy-bottomed pan or cast iron skillet heated over medium-high heat for the best sear on the beef.

Don't move the beef once it hits the pan - let it sear undisturbed for 3-4 minutes per side to develop a golden crust.

Cook mushrooms over medium-high heat until their liquid evaporates completely before adding cream to prevent a watery sauce.

Add cream gradually to the mushroom mixture while stirring constantly to prevent the sauce from curdling.

Let the cooked beef rest for 5 minutes before slicing to allow juices to redistribute throughout the meat.

Taste and adjust the sauce seasoning just before serving, as flavors concentrate during cooking.