

# Musso and Frank Grill's Grenadine of Beef



## Bearnaise Sauce / Tarragon Base

### Ingredients:

1/2 ounce dry tarragon	4 oz. (1/2 cup) beef broth
1/4 of one medium onion, peeled and chopped finely	2 T. A.1. Steak Sauce
2 shallots, peeled and chopped finely	2 T Heinz 57 Sauce
1/2 cup red wine	3 cups (24 oz.) packaged beef gravy
6 oz. (3/4 cup) red wine vinegar	Quarter-tablespoon cracked black pepper

**Method of Preparation:** In a small sauce pot, over medium-low heat, put tarragon, onion, bay leaves, red wine, red wine vinegar and beef broth. Simmer until mixture thickens, about 20 to 25 minutes. Add the remaining ingredients, whisk to combine, then remove the bay leaf. Take off the heat and hold warm until ready to use.

## Hollandaise Sauce

### Ingredients:

2 cups water	1/8 tsp. salt
4 egg yolks	Pinch cayenne pepper
2 T. lemon juice	Pinch white pepper
1/2 cup unsalted butter, melted	1 T. cold water

**Method of Preparation:** Place the two cups of water in a sauce pan and bring to a simmer over low flame. Find a stainless steel bowl that will nest inside the sauce pan without the water touching the bottom. Away from the heat, in the stainless steel bowl, whisk the egg yolks, lemon juice and water, until the mixture is thickened and doubled in volume. Place the bowl over the saucepan. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. If the mixture starts to separate, whisk in the cold water. Hold warm until ready to use. A clean hot-beverage thermos works well to hold this sauce.

## *Assembly for Bearnaise Sauce*

**Instructions:** Mix one cup of the hollandaise with one cup of the tarragon base to make our béarnaise sauce. Combine the two sauces just before plating.

## *Assembly for Grenadine of Beef*

2 lbs. center-cut filet mignon  
4 oz. (8 T.) unsalted butter  
2 sprigs fresh thyme

4 oz. grapeseed oil  
2 cups Bearnaise (see recipes & assembly above)  
1 cup (8 oz.) beef gravy

### **Instructions for Assembly:**

1. Cut the filet in four-ounce (quarter-pound) medallions. You should have eight four-ounce portions.
2. Lay the medallions on a parchment paper or foil-lined sheet pan and sprinkle with salt and pepper on both sides.
3. Heat a large sauté pan over medium heat, then add the butter and oil.
4. When the butter stops foaming, add the thyme sprig.
5. Working in two batches, sauté four medallions on one side until nice and brown. Turn over and sauté on the other side, until meat is rare (about four minutes).
6. Remove the meat, place on a clean sheet pan and cover with foil to keep warm.
7. Sauté the remaining four medallions as in step five, then place on the sheet pan with the first four medallions and hold warm.
8. Ladle two ounces of hot beef gravy on each of four dinner plates. For each serving, place two medallions on top of the gravy. Spoon the béarnaise sauce on top of the meat. We recommend serving the beef with steamed broccoli and mashed potatoes.