

Beef Crostini

MADE WITH LOVE

by Teresa Forchand

WITH PARMESAN WINE CREAM SAUCE

Ingredients:

- 1 (2 pound) beef tenderloin, trimmed and tied
- 2 tablespoons black peppercorns, crushed
- sea salt
- 1 stick (8 tablespoons) salted butter
- 8 cloves garlic, lightly smashed
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 8 fresh sage leaves
- 1 baguette, sliced, and toasted
- 6 ounces goat cheese
- 1 ½ tablespoons honey

For Wine Cream Sauce:

- ½ cup dry white wine
- 2 tablespoons salted butter
- 2 cups heavy cream or whole milk
- ½ cup grated parmesan

Directions

1. Allow the beef to come to room temperature for at least 1 hour. Preheat the oven to 500 degrees F.
2. In a cast iron skillet, season the beef generously with peppercorns and sea salt. Arrange the butter slices on top of the tenderloin, then arrange the garlic, rosemary, thyme, and sage around the beef. Roast for 20 minutes for medium rare (120° to 125° F). Remove the beef from the skillet, tent with foil and let rest 10 minutes before slicing.
3. Meanwhile, make the cream sauce. Place the same skillet used to roast the beef over high heat. Add the wine and scrape up any browned bits off the pan. Simmer for 3-5 minutes or until the wine has reduced. Add the butter and continue cooking for another 2 minutes. Slowly pour in the cream and bring the sauce to a boil. Reduce the heat to low and simmer 5 minutes, or until the sauce has thickened slightly.
4. Squeeze the roasted garlic cloves out of the skin and mash into a paste. Stir the garlic into the sauce. Add the parmesan. Remove from the heat. Season with salt and pepper.
5. Whip the goat cheese, honey, and a pinch of salt in a bowl or food processor.
6. Slice the beef. Spread each baguette slice with goat cheese. Top with a slice of steak. To serve, drizzle over the warm cream sauce and fresh herbs.