

# Tournedos of beef with Foie Gras in balsamic sauce

## Ingredients (serve 6):

- 6 tournedos of beef (filet mignon) of 130g/4.58oz to 150g/5.29oz each
- 6 escalopes of Foie Gras of duck (uncooked)
- 50g/1.76oz butter
- 5 soupspoons of balsamic vinegar
- 2 dl thick veal stock
- 1 dl liquid cream (35% fat)
- Salt and pepper

**Preparation time:** 5 minutes

**Cooking time:** 20 minutes

## Preparation

Fry your tournedos to your personal taste in butter. Season.

Remove the tournedos from the pan and keep warm. Deglaze the frying pan with the vinegar, unsticking the meat juices with a wooden spoon. Add the stock and simmer for 5 minutes. Then add the cream and simmer for another 5 minutes.

Check the seasoning.

Fry the escalopes of Foie Gras for 2 minutes on each side. Season.

## Presentation

Place the tournedos in the centre of the plate with an escalope on top and the sauce poured around it. Serve vegetables separately.

Comments



*«My favorite wine:  
Margaux, complex and fruity»*

## TASTING NOTES

*Intense black fruit aromas on the nose. Round and fruity attack with a velvety aftertaste.*



*My cheese selection*  
**BRILLAT-SAVARIN**  
FRANCE - NORMANDIE COW