

Beef Tenderloin with Red Wine Demi-Glace, Mashed Potatoes, and Spinach

- 4 beef tenderloin steaks
- Olive oil
- Kosher Salt and freshly-ground black pepper
- 2 lbs Yukon Gold potatoes
- 1 stick butter
- ½ cup half and half
- 1 lb spinach
- ½ cup Demi-Glace
- ½ cup Red Wine
- Butter

Place the potatoes in a pot of water and place on stove. Gradually bring to a simmer and simmer for about 30 minutes, until potatoes are cooked through. Drain, and peel as soon as potatoes are cool enough to handle. Using a potato ricer, rice potatoes and butter back into cooking pot. Stir in cream, salt, and pepper, and cover. Potatoes can be prepared in advance of the beef and re-heated over low heat as necessary.

90 minutes before you want to eat – Place steaks on counter to allow to come to room temperature.

40 minutes before you want to eat – rub steaks with olive oil and season with salt and pepper. Place a large cast iron skillet on the stove over medium-high heat. When skillet is hot, place steaks in skillet. Cook for 5 – 6 minutes, then flip. Cook until steaks are medium-rare, about 15 minutes total. Remove steaks from skillet and place on a plate loosely covered with foil.

In a separate pan, heat some olive oil, then add spinach. Toss spinach until it has all wilted. Season with salt and pepper.

In the skillet used for the steaks, place back on the heat and add the red wine. While the wine simmers, scrape any fond from the bottom of the pot into the sauce. When the wine has reduced by about half, add the demi glace and bring back to a simmer. Turn off the heat, add 2 Tb of butter, and stir to combine.

Slice each steak into ½-inch slices. Place some potatoes, spinach, and beef on each plate and drizzle with demi-glace. Serve immediately.