

Beef tenderloin served with sweet potato fries

for 4 persons

Ingredients :

- 1 kg beef fillet
- 1.2 kg of sweet potatoes
- 40 g of butter
- 5 tablespoons of olive oil
- 2 garlic cloves + garlic powder
- 1 a bunch of thyme
- 1 teaspoon of sweet paprika
- Salt and pepper



Preparation :

Preheat the oven to 220°C

Prepare the sweet potatoes :

Peel the sweet potatoes and cut them into even sticks. Rinse them in cold water, then dry them thoroughly (important for crispiness).

In a salad bowl, mix together: your sweet potato fries, 2 tablespoons of olive oil, paprika, a little garlic powder, salt, and pepper.

Spread them out on a baking sheet lined with parchment paper, making sure they don't overlap. Bake for 30 minutes, turning them halfway through.

Prepare the beef fillet (tender & juicy) :

Remove the meat from the refrigerator 30 minutes before cooking. Season generously with salt and pepper on all sides. Lightly crush the garlic cloves.

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Sear the beef fillet : Heat a large frying pan over high heat with 3 tablespoons of olive oil. Sear the fillet for 2 to 3 minutes on each side, until well browned. Add the butter, garlic, and thyme.

Baste the meat with the melted butter for 1 minute.

Oven cooking :

Place the fillet in an ovenproof dish and cook at 190°C :

- 15 minutes for rare
- 20 minutes for medium
- 25–30 minutes for well done

Remove the meat from the oven and let it rest for 10 minutes under a sheet of aluminum foil (this is very important for tenderness).

Assemble the dish :

Slice the beef fillet into thick medallions and serve it with the golden sweet potato fries. Drizzle the meat with a little of the cooking juices.

Advice :

For extra indulgence, add a sauce: béarnaise, peppercorn, barbecue, or chimichurri.

For family meals, this dish pairs perfectly with our **Brut Grande Réserve Champagne (80% Pinot Noir – 20% Chardonnay)**.

