



Italian Beef Tenderloin with Tomato Polenta

Beef Tenderloin with Tomato Polenta on Vegetable Pappardelle



Medium



2 Servings



190 min.



The filet becomes very tender thanks to the particularly long cooking time at a low temperature. Serve it with polenta, a porridge made from cornmeal that's especially popular in northern Italy. In our recipe, the polenta is enhanced with tomatoes, giving it a fruity flavor and its spectacular color. The vegetables are also served in an unusual pappardelle shape. It's not that difficult to prepare, and the dish is perfect for a Sunday dinner. Buona domenica (Italian for: Have a nice Sunday)!

Ingredients

125 g polenta (cornmeal)
400 g Oro di Parma Sugo
Herb Tomato Sauce
1 carrot
1 zucchini
20 g butter
50 g Parmesan
40 ml vegetable stock
250 ml milk
300 g beef tenderloin
Olive oil
Sage, rosemary, and
thyme (fresh)
a pinch of sea salt and
freshly ground pepper

Step 1: The Preparation

Here's how to cook the meat until it's perfectly tender: Tie the piece of meat into a cylindrical shape with kitchen twine. Then wrap it generously in parchment paper. Add sage, thyme, rosemary, and olive oil, then seal the package—the fresh Italian herbs pair perfectly with the meat. Now place the beef tenderloin in the oven at about 54 °C for two to three hours. If you have a sous-vide machine, cook the beef according to the manufacturer's instructions. The meat should be medium-rare. Keep in mind that after cooking, the meat will be seared on all sides over high heat. Now peel the carrot and cut off both ends. Remove the ends of the zucchini as well. You can grate the Parmesan into a small bowl using a kitchen grater.

Step 2: Tomato Polenta

Pour the ORO di Parma Sugo Herb Tomato Sauce and the milk into a saucepan and bring to a boil. Remove the saucepan from the heat and stir in the polenta. Let it sit for about 10 minutes to thicken, then season to taste with sea salt and freshly ground pepper. Finally, stir in a few cold flakes of butter and the Parmesan. Spread the still-liquid polenta onto a baking sheet lined with parchment paper and let it cool.

Step 3: Prepare the Vegetable Pappardelle

Using a vegetable peeler, cut thin slices lengthwise from the carrots and zucchini. That's where the name "vegetable pappardelle" comes from—pappardelle is actually an Italian ribbon pasta. Melt the butter in a skillet. Once it's melted, add the broth and quickly swirl the skillet a few times so the fat and liquid combine. Season with a little freshly ground black pepper. Chefs call this emulsion of butter and broth "glacage." Now add the vegetable strips and cook them for about a minute while swirling the pan over the stovetop.

Step 4: Searing the beef tenderloin

Once the cooking time is up, remove the meat from the oven and take off the parchment paper. Then sear the meat in a hot skillet. It looks especially nice if you use a grill pan, as this creates a beautiful grill pattern on the meat.

Step 5: The Finale

Just before serving, simply cut the polenta into pieces and sauté them briefly in a pan with butter. Then arrange the vegetable pappardelle on the plate. Cut the juicy beef tenderloin into thick slices and place them on top of the vegetable nest. Add one or two pieces of polenta alongside. Garnish with a few flakes of sea salt and enjoy your delicious beef tenderloin with tomato polenta. Delizioso!

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