



THE R+R SHOW

EPISODE 2: FILET OF BEEF

Dish Ingredients

Beef tenderloin filet	8 oz.
Blue cheese fondue	as needed
Potato galette	1 piece
Mushroom hash	¼ cup
Peppercorn demi sauce	1 ladle
Chives, thinly sliced	garnish

Blue Cheese Fondue

Moody blue cheese	2 cups
Heavy cream	2 cups
Salt	to taste

1. Place half of the heated and reduced cream in a blender.
2. Add all the cheese and blend on medium speed.
3. Drizzle in the remaining cream until desired consistency is achieved.
4. Check for seasoning and adjust salt if needed.

Potato Galette

Kennebec potatoes, large	12 each
Duck fat	2 cups
Roasted garlic purée	4 Tbsp
Salt	2 Tbsp
Ground white pepper	1 tsp

1. Warm the duck fat until it is liquid and clear.
2. Wash the potatoes thoroughly.
3. Thinly slice potatoes using a mandolin straight into the bowl with duck fat, mixing often to coat and prevent oxidization.
4. Add salt, pepper, and garlic purée; mix to incorporate.
5. Prep a half sheet tray with nonstick spray, parchment paper, and another layer of spray.
6. Layer potatoes evenly, pressing firmly for a smooth surface.
7. Place another parchment on top, then wrap tray tightly in foil.
8. Cook at 280°F for 2 hours until potatoes are very soft.
9. Remove foil, place another tray and two heavy cans on top, and chill until completely set.

Mushroom Hash

Chef blend mushrooms (King Trumpets & Oysters)	2 cups
Cipollini onions, quartered	⅓ cup

Bacon, chopped	¼ cup
Asparagus	¼ cup
Minced thyme	1 tsp
Chives, thinly sliced	1 tsp
Unsalted butter	1 Tbsp
Cognac	1 oz
Salt & pepper	to taste

1. Slice king trumpets into half-moons; tear oyster mushrooms into pieces.
2. Quarter cipollini onions and chop the cooked bacon.
3. Sauté mushrooms, bacon, onions, and thyme in a hot pan.
4. Flambé with cognac.
5. Melt in butter and finish with chives, salt, and pepper.

To Finish The Dish

1. Season the 8 oz. Argentinian beef filet with chef spice and salt. Grill to preferred doneness and finish in the oven.
2. Warm the blue cheese fondue in a saucepan—do not let it burn.
3. Fry potato galettes at 350°F until golden brown and lightly salt.
4. To plate: start with a shallow pool of fondue, add the galette, then the rested filet.
5. Top with mushroom hash and ladle peppercorn demi sauce over the steak and hash.
6. Garnish with thinly sliced chives.

Enjoy!