

**Tournedos of Beef, Creamed Kale, Bacon, Roasted Shallot, Foie Gras Butter,
Black Truffle Sauce**
(Serves 1)

For the Beef:

2 ea 3oz Tournedos of tenderloin steaks (available at most butcher shops)
1-2 Tblsp Butter
1 Sprig Thyme
1 Clove Garlic
Salt
Pepper
Canola or equivalent oil with a high smoke point

Preheat your oven to 350 F. Heat canola oil in a cast iron skillet or sauté pan on medium high heat. Season the beef well on both sides. Carefully place the beef down in the pan and brown on one side for 2-3 minutes. Flip the steaks, add the butter, thyme, and garlic to the pan and baste the steaks 3-4 times. Place the pan in the oven and cook for 2-3 minutes until the steaks reach a nice medium rare. Remove from the pan and allow to rest on a paper towel.

For the Kale:

1 qt Heavy Cream
1 bunch Kale, cleaned and blanched
¼ c Roasted Shallots
¼ c Crispy Bacon, cut into batons
Salt
Pepper

In a medium sauce pot, reduce the heavy cream by half until it starts to become thick and the bubbles on the surface have increased in size. Add the kale, bacon, and shallots to the pot and mix well. Drain any excess cream from the pot. Season with salt and pepper.

For the Foie Gras Butter:

½ lb Room Temperature Butter
½ lb Foie Gras trim (check your local specialty foods store)
½ c Chives
½ tbsp. Sea Salt

Combine the foie trim and the butter in a food processor and spin until smooth. Pass this mixture through a fine mesh sieve and mix in the salt and chives. Can be kept in the freezer for up to a month.

Assembly:

Place the kale/bacon mixture in a neat pile on a warm plate. Place the tournedos on top of the pile of kale. Glaze the beef with the black truffle sauce and finish with 2 small dollops of the foie gras butter.