



Beef Demi-glace Vol-au-Vents for Jefferson in Paris

Ingredients

Serves: 10 for a special dinner served to friends

-3 lbs beef tenderloin, salt and freshly ground four color pepper, olive oil used throughout recipe

-1 cup fresh pearl onions (or a jar if you cannot find fresh), 1 carrot, peeled, cut in half and julienned, 2 sticks of rather thin celery, sliced, ½ cup baby or early green peas (prefer expensive or gourmet), button mushrooms, small, fresh, sliced not too thinly, tomato, large, fresh, seeded and diced, asparagus tips (just the tip), 1/3 cup of fresh chopped herbs (rosemary, thyme, oregano). Save some of the untouched herbs for decorating later

-2 packages of puff pastry shells (vol-au-vents) or use flat puff pastry dough and make any type of cup, container, beggars purse or square with cantilevered top. Brush before baking with 1 egg, beaten.

-5 cups Demi-glace sauce – either handmade, frozen/fresh at gourmet markets or Knorr Professional Chefs packet. If you would like our recipe (takes hours to make) email curator@presidentialculinarymuseum.org for a free copy.

-Beef stock as is needed or desired, make raw from fresh ingredients or purchase pre-made. Mornay or Hollandaise sauce can also add to the decoration of the plate if you like.

Preparation method

1. Season the tenderloin well with the salt and pepper to taste and then quickly brown in oil in skillet. Do not ruin and cook all the way through. We are just trying to dark brown, bronze it up on the outside. Set aside.
2. If you have the fresh pearl onions then peel, slather with olive oil, salt and roast in 350 degree oven with the carrots until tender or to your liking. Remember, use the top rack and you MAY need to flip them at the half way mark. If you could not find fresh pearl onions then use a jar of them, drained, and add in at step 3 (next).
3. Sauté the celery and mushrooms in a small bit of olive oil and add more as needed. Don't drown them in oil. I like to sauté these on medium high until tender and then add in a splash of beef stock now and then to cook fully through. When tender, add the tomatoes and asparagus tips. Turn down to medium and splash a lil' stock to cook through the asparagus tips. Not too much stock!!! Remember, this is not a soup.
4. Now bake puff pastry shells according to box directions, brush with egg mix before. Set aside to be filled.
5. Make demi-glace and add all ingredients together in a large skillet and heat through. Then ensure the shells have been fully and completely loosened from sheet pan they were sitting on. Gently and tenderly use a spatula (thin metal is best as plastic can brutalize and rip). Heat up shells again in oven, quickly. Pull out and fill the shells with the hot beef mixture – then put onto plate and possibly use a spoon to “get all fancy, schamtzy” and spoon a design onto your plate in a circle around the shell. Decorate with the untouched, fresh herbs.

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