

## Duo of Beef Tenderloin and Crab Legs with Two Sauces

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A delicious combination of meat and seafood, the best of beef and the best of crab, served with two distinct and exquisite sauces.

### Ingredients

8 beef tenderloins of 6 ounces each  
 1 teaspoon butter  
 1 tablespoon of vegetable oil  
 Salt and freshly ground pepper  
 8 crab legs, poached and shells removed

**Red wine shallots sauce:**

1 teaspoon butter  
 3 shallots, halved and sliced  
 1 teaspoon of finely chopped garlic  
 2 cups red wine  
 ½ teaspoon chopped fresh thyme  
 1 small bay leaf  
 2 cups brown veal stock  
 Salt and pepper to taste  
 2 ounces butter

**Butter beurre blanc:**

3 tablespoons white wine  
 3 tablespoons white wine vinegar  
 Salt and white pepper to taste  
 1 shallot, minced  
 4 tablespoons whipping cream (35 %)  
 ¾ pound whole butter, chilled  
 Salt and white pepper to taste

<b>Preparation Time</b>		<b>Difficulty</b>	Normal
<b>Portions</b>	8 servings	<b>Yield</b>	
<b>Country/Region</b>			
<b>Vegetarian</b>	No		

### Preparation

**Make the red wine shallots sauce:** Heat butter in medium saucepan over medium-low heat. Add shallots and garlic; sauté for about 4 minutes until tender. Pour in wine, add thyme and bay leaf. Bring to a boil and reduce by half. Add the veal stock, and cook for about 20 minutes until sauce is reduced to 1 ¾ cups. Discard bay leaf, add salt and

pepper. Just before serving, whisk in remaining butter on the side of the heat. (Monter au Beurre), and serve immediately. Taste and adjust the seasoning.

**Make the butter beurre blanc:** Combine the white wine, white wine vinegar, salt, white pepper, cream and shallot in a small saucepan. Reduce the mixture to approximately two tablespoons of liquid by boiling it. More than 2 tablespoons will leave you with a thin sauce. For a thicker sauce, reduce the mixture to less than 2 tablespoons. Cut approximately 1 ounce of butter into cubes. Over low heat, whisk in the cold butter, a few pieces at a time. Use the chilled butter to keep the sauce between 100°F and 120°F. Once all the butter has been added, remove the saucepan from the heat. Strain (optional) through a sieve and keep the temperature of the sauce between 100°F and 130°F.

**Tip to remember:** When adding the butter, never boil the sauce again.

**Finish the dish:** Season the tenderloins with salt and pepper. Heat a large pan with the butter and vegetable oil and sauté the steaks until medium rare. Meanwhile finish the sauces and warm up the crab legs.

**To serve:** On large warm plates, place the tenderloin in the center and spoon over some red wine shallots sauce. Place three pieces of crab legs around the steak topped with a good teaspoon of Beurre Blanc. Garnish with fresh herbs and served immediately.

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### Notes