



Beef Tenderloin with Castaño Garlic Sauce.



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



SERVES
4



TYPE OF DISH
MAIN



PREPARATION TIME
20 MINUTES



VARIETY OF GARLIC
CASTAÑO

Ingredients

- 4 cloves of Castaño Garlic
- 500 g beef tenderloin
- 20 g Wagyu fat
- Maldon salt or fleur de sel
- Extra virgin olive oil

Step by Step



1. Peel and chop the cloves of garlic.
2. Fillet the tenderloin; approximately 1 finger thick.
3. Place a frying pan over a medium heat with a generous helping of olive oil and brown the garlic, until they have a golden colour.
4. Remove the garlic and, in the same oil, fry the tenderloin fillets.
5. Once they are done, drain them in an absorbent paper to remove excess oil.

FINISHING DISH:

6. Place the tenderloin fillets in the centre of a flat plate.
7. Spread the garlic shavings and a little Wagyu fat on top of the fillets.
8. Season to taste with sea salt and a little of the frying oil.



CHEF'S TIPS Miguel Ángel Mateos:

- It is a very simple yet tasty dish because adding Wagyu fat gives a unique result, different to what we are used to.
- We recommend that the fillets are about 1 finger thick, but this may vary depending on the taste of each guest and how well done you like the meat.