



JUICY BEEF TENDERLOIN IN A ROASTED SQUASH



SERVES 4

INGREDIENTS

1 kg beef tenderloin
Oil for frying
1 tablespoon coarse mustard
1 tablespoon orange marmalade
1 teaspoon coriander seeds
crushed in a mortar
Salt and pepper
4 kabocha squash
(about fist-sized)
4 cloves garlic
Olive oil
2 chili peppers
Juice from 1 lemon
1 container crème fraîche
Salt

PREPARATION

Sear the beef tenderloin on all sides. Combine the mustard, coriander and marmalade and season to taste with a little salt and pepper. Rub the marinade into the seared beef and place it on a baking sheet. Preheat the oven to 180 °C CircoTherm® convection and VarioSteam and cook the beef for about 35 minutes.

Use the Neff roasting thermometer to determine the optimal cooking time. As soon as the optimal core temperature of 55-62°C has been reached, the oven shuts off automatically. Or you can select Neff's automatic programme "Beef tenderloin, medium." Cut the squash in half and remove the seeds using a tablespoon. Remove the seeds from the chili peppers and cut them into fine rings. Peel the garlic and cut it into quarters. Place the squash halves on a baking sheet and distribute garlic and chili peppers evenly inside them. Season with salt and drizzle with oil and lemon juice.

Remove the beef tenderloin from the oven and let stand briefly. Bake the squash at 180 °C CircoTherm® convection for about 20 minutes.

Just before serving, stir salt into the crème fraîche. Slice the beef tenderloin thinly and arrange the slices in the squash halves. Serve with crème fraîche.