



# BEEF LOIN IN BLUEBERRY SAUCE WITH RED WINE



2 servings



30m Min.

## Ingredients

360 gr of beef tenderloin  
200 g of Osom blueberries  
150 ml of red wine  
200 gr of milk cream

130 gr of unsalted butter  
130 gr of big-headed onion.  
250 grams of yucca  
2 gr of Nutmeg

In a skillet over high heat with a bit of oil, sear all four sides. Don't sear the ends, this will dry it rather than help keep the juiciness of it. Sear the other four sides until brown. Remove the tenderloin from the pan and cool it before slicing it.

### Step 1

Once you've sliced it, place it in a baking tray and bake it at 180c for 12 to 15 minutes.

### Step 2

Using the same skillet that the tenderloin was sealed, put the blueberries and onion (Julienne) and saute them over medium heat. Once the onions are soft and golden, add wine and gently scrape the onions from the bottom. Make sure to evaporate all the alcohol out of the wine and you're just left with the flavors of it.

### Step 3

Once evaporated, add the heavy cream, salt, and pepper, mix thoroughly, and remove from the stove. Add half of the butter while it's still soft.

### Step 4

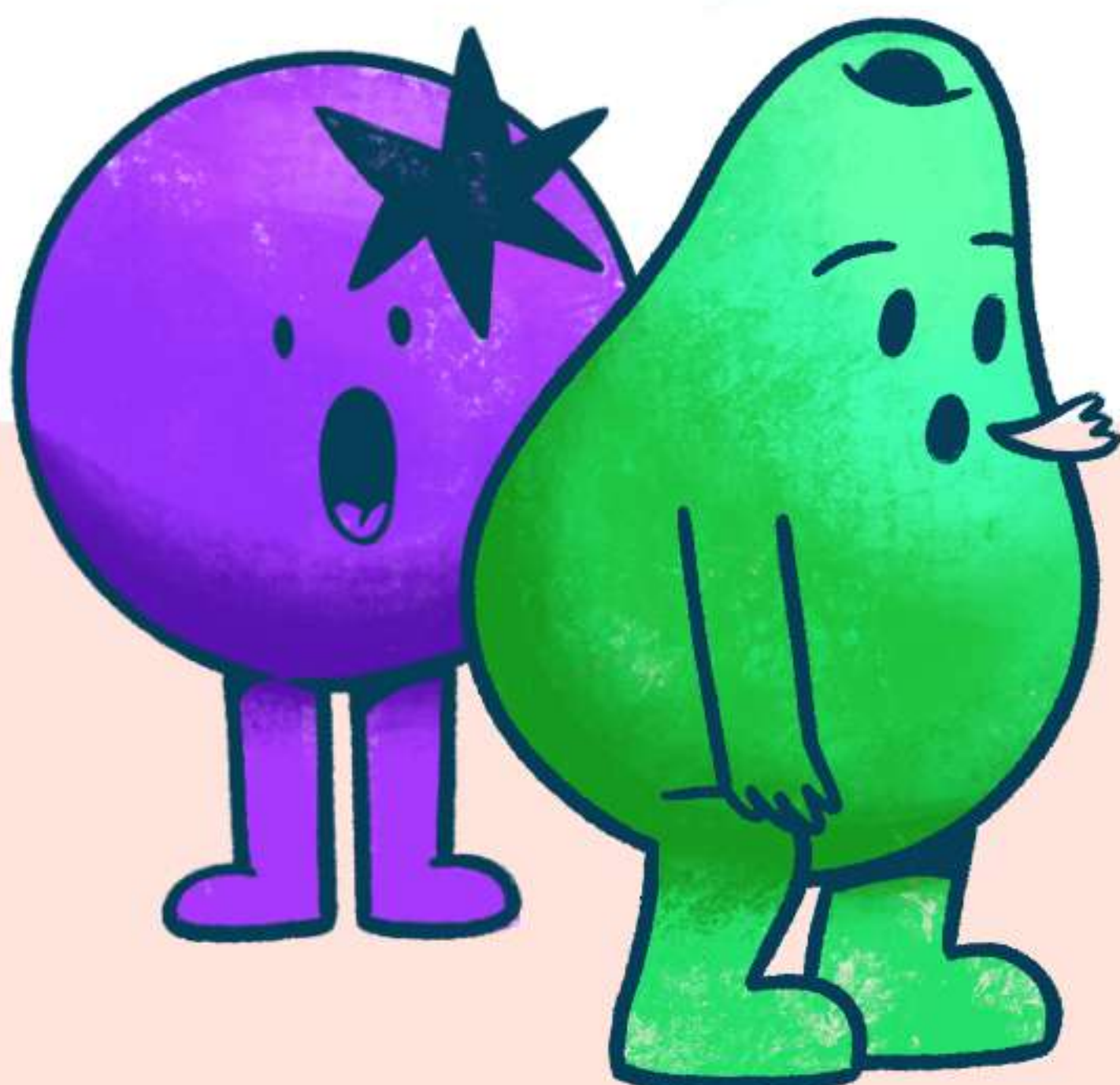
To make the mashed potatoes (in our case were using yucca to make this an awOSOM recipe), peel the yucca and cook it in plenty of water with salt. Leave them soaking until they're soft.

### Step 5

Once they're soft, drain the water with a strainer and place the yucca into a bowl and start smashing them! Use the other half of the ingredients, such as the heavy cream and remaining butter and mix thoroughly. Don't forget about the salt and pepper!

### Step 6

Once done with the yucca mash and tenderloin, delicately place some mash first on a plate. Put the tenderloin on top and bathe it with the sauce.



## Some "Osom" tips for you!

Cold butter makes the sauce much more shiny and creates more body to it.

To have a smoother mash, add more cream or butter and press it in a strainer.