Beef tenderloin en croûte with Parmigiano Reggiano DOP



Informations

People : **4**
Preparation : **20 min.**
Cooking time : **40 min.**

Ingredients

- 400 g Parmigiano Reggiano DOP
- 1 kg beef tenderloin
- 200 g mixed nuts (also dried olives)
- 200 ml olive oil
- 1 bunch fresh herbs: parsley, rosemary, oregano, thyme
- Salt and pepper
- 2 onions
- 1 carrot
- 2 tomatoes
- 50 g tomato purée
- 500 ml red wine

Preparation steps

1. Cut the onions, carrot and tomatoes into small pieces.
2. Brown the beef tenderloin on both sides over a high heat, and season with salt and pepper.
3. Add the pre-cut vegetables, then the tomato purée. Deglaze everything with the red wine, and leave to reduce a little.
4. Finely grate the Parmigiano Reggiano DOP, and finely chop the nuts and herbs. Mix everything together in a bowl and add the olive oil.
5. Spread your Parmigiano Reggiano and herb mixture evenly over the beef tenderloin.
6. Put everything in an oven-proof dish. Cook in a preheated oven set to 60°C for around 30 minutes.
7. Place a generous slice of the meat with its Parmigiano Reggiano DOP crust on a plate together with the vegetables.

???**Why this cheese?** Extra creamy and tender, Parmigiano Reggiano DOP goes wonderfully with nuts and olive oil. And when used to encrust the beef tenderloin, it not only catches the eye, but tantalises your taste buds with its fragrant, delicate flavour that isn’t at all sharp.