

Seared Beef Medallions & Pan Sauce

with Garlic Mashed Potatoes

TIME: 30-40 minutes

SERVINGS: 4

This classic steakhouse-style meal gets a quick lift from a pan sauce made with beef demi-glace, a reduced stock beloved for its bold, rich flavor.



MATCH YOUR BLUE APRON WINE



Plush & Fruity

Serve a bottle with this symbol for a great pairing.



Ingredients



8
BEEF MEDALLIONS



3 cloves
GARLIC



1 1/8 lbs
YUKON GOLD
POTATOES



3 Tbsps
GRASSFED BEEF
DEMI-GLACE



2 Tbsps
BALSAMIC
VINEGAR



1
YELLOW ONION



1 bunch
KALE



1/4 cup
HEAVY CREAM



4 Tbsps
BUTTER



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1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Large dice the **potatoes**. Peel the **garlic**; using the flat side of your knife, smash each clove once to flatten.
- ☐ Peel and thinly slice the **onion**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.

2 Cook & mash the potatoes:

- ☐ Add the **diced potatoes** and **smashed garlic** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Add the **heavy cream** (shaking the bottle just before opening) and **half the butter**. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Cover to keep warm.



3 Cook the kale:

- ☐ While the potatoes cook, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened.
- ☐ Add the **chopped kale**, **half the vinegar**, and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the kale is wilted and the liquid has cooked off.
- ☐ Transfer to a bowl. Season with salt and pepper to taste. Cover with aluminum foil to keep warm. Wipe out the pan.

4 Cook the beef:

- ☐ While the potatoes continue to cook, pat the **beef** dry with paper towels. Season with salt and pepper on both sides.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and cook 2 to 3 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Let rest for at least 5 minutes.



5 Make the sauce & serve your dish:

- ☐ While the beef rests, to the pan of reserved fond, add the **demi-glaze**, **remaining vinegar**, and **¼ cup of water** (be careful, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until thoroughly combined.
- ☐ Turn off the heat and stir in the **remaining butter** until thoroughly combined. Season with salt and pepper to taste.
- ☐ Serve the **rested beef** with the **mashed potatoes** and **cooked kale**. Top the beef and potatoes with the sauce. Enjoy!

