

Seared Beef Tenderloin Canapés with Horseradish Cream & Cucumber

Serves: 24 canapes



Ingredients

Beef

300 g beef eye fillet (beef tenderloin), trimmed

$\frac{1}{2}$ **tbsp** olive oil

$\frac{1}{2}$ **tsp** flaky sea salt

$\frac{1}{2}$ **tsp** freshly cracked black pepper

$\frac{1}{2}$ **tsp** Dijon mustard (optional, for brushing)

Horseradish Cream

75 ml crème fraîche, *sour cream if not available*

1–1½ tbsp prepared horseradish

$\frac{1}{2}$ **tsp** Dijon mustard

$\frac{1}{2}$ **tsp** lemon juice

Salt, *to taste*

Freshly cracked black pepper, *to taste*

Cucumber Base

1 cucumber

Flaky sea salt

Garnish

1 tbsp finely chopped chives

Microgreens or pea shoots (optional)

Freshly cracked black pepper

Preparation Steps

Prepare the Beef

1. Remove the beef from the refrigerator 30 minutes before cooking.
2. Pat dry thoroughly with paper towels.
3. Season generously with the salt and pepper.
4. Heat a heavy frying pan or cast-iron skillet over high heat until very hot.
5. Add the olive oil.
6. Sear the beef for about 2 minutes per side, including the ends, until well browned.
7. Transfer to a preheated 200°C oven.

8. Roast until the internal temperature reaches:
52–54°C for medium-rare
55–57°C for medium
9. Remove from the oven.
10. If using, lightly brush with Dijon mustard while still warm.
11. Rest for at least 15–20 minutes.
12. Wrap and refrigerate until completely chilled (overnight is ideal).

Make the Horseradish Cream

13. Combine the crème fraîche, horseradish, Dijon mustard, and lemon juice.
14. Season with salt and pepper.
15. Cover and refrigerate until needed.

Prepare the Cucumbers

16. Slice the cucumber into rounds about 8–10 mm thick.
17. If desired, peel alternating strips of skin for a decorative look.
18. Arrange on paper towels.
19. Lightly sprinkle with flaky sea salt.
20. Leave for 15 minutes.
21. Pat dry thoroughly before assembling.

Slice the Beef

22. Using a very sharp knife, slice the chilled beef as thinly as possible (around 2–3 mm thick).
23. If the slices are large, fold each one into a loose ribbon.

Assemble

24. Arrange the cucumber slices on a serving platter.
25. Top each slice with about 1 teaspoon of horseradish cream.
26. Place a folded slice of beef on top.
27. Finish with:
Chopped chives
Microgreens (optional)
A small grind of black pepper