

# Tenderloin with Quince Sauce

Elegant beef tenderloin with sweet-tart quince sauce recipe. Perfect for special occasions with aromatic herbs and creamy texture. Ready in 40 minutes.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 4 pcs beef
- 2 quince
- 1 tbsp brown sugar
- 1 sprig fresh oregano
- 1 sprig parsley
- 1 bay leaf
- 6 clove garlic
- 1 onion
- 5 oz butter
- 1 tbsp flour
- 7 oz heavy cream
- 1 cup water
- 1 tsp sea salt
- 1 tsp black pepper

## Instructions

### 1 Prepare the aromatics

Peel and dice 2 onions. Peel and mince 6 garlic cloves. Remove leaves from 1 celery stalk and chop both stalk and leaves. Peel 2 quinces, reserving the peel from 1 quince, and slice the remaining quince flesh into long thin pieces.

## 2 **Make the sauce base**

Heat 1 tablespoon butter in a large saucepan over medium heat. Add diced onions, minced garlic, chopped celery stalk and leaves, 1 sprig thyme, 1 sprig parsley, 1 bay leaf, and reserved quince peel. Cook, stirring frequently, until vegetables are softened and fragrant, about 5-6 minutes.

3 Sprinkle 1 tablespoon flour over the sautéed vegetables and stir constantly for 2-3 minutes to cook out the raw flour taste. Slowly pour in 1 cup water while stirring to prevent lumps, then bring to a boil.

4 Reduce heat to low and simmer for 5 minutes, then remove from heat. Strain the mixture through a fine-mesh strainer into a clean saucepan, pressing the solids to extract liquid. Discard the solids and season the strained sauce with 1 teaspoon salt and 1 teaspoon pepper.

## 5 **Caramelize the quince**

Heat 5 oz butter in a large skillet over medium heat. Add the sliced quince pieces and cook, turning occasionally, until golden brown and tender throughout, about 8-10 minutes. The quince should be caramelized but still hold its shape.

## 6 **Finish the sauce**

Add the caramelized quince to the strained sauce and bring to a gentle simmer. Cook for 2-3 minutes to meld flavors, then keep warm over very low heat.

## 7 **Cook the tenderloin**

Season 4 pieces tenderloin generously with salt and pepper on all sides. Heat 7 oz oil in a heavy-bottomed skillet over medium-high heat until shimmering. Sear the tenderloin pieces for 3-4 minutes per side until golden brown and internal temperature reaches 130°F (54°C) for medium-rare.

## 8 **Rest and serve**

Transfer tenderloin to a cutting board and let rest for 5 minutes to allow juices to redistribute. Slice each piece if desired and arrange on serving plates. Spoon the warm quince sauce over and around the meat and serve immediately.

## Tips

Let the tenderloin rest at room temperature for 30-45 minutes before cooking to ensure even heat distribution and better searing results.

When searing the tenderloin, don't move it too quickly – allow each side to develop a proper golden-brown crust before turning for maximum flavor development.

Save time by preparing the sauce base while the meat comes to room temperature, then caramelize the quince while the tenderloin rests after cooking.

Strain the sauce through a fine-mesh strainer twice for an ultra-smooth, restaurant-quality texture that will impress your guests.

Test the sauce seasoning after adding the caramelized quince, as the fruit's sweetness may require additional salt and pepper for proper balance.

If quince is unavailable, look for it in Middle Eastern or specialty food stores, or order online – the unique flavor is worth seeking out.

Use a meat thermometer to ensure perfect doneness, and remember that the tenderloin will continue cooking for a few minutes after removal from heat.

For an elegant presentation, slice the tenderloin on the bias and fan the pieces on warm plates before drizzling with the quince sauce.