

ROASTED BEEF TENDERLOIN

California Avocado and Sun Dried Tomato Relish

Serves 4

TENDERLOIN MARINADE

1½ - 2 pounds	Beef Tenderloin, cleaned and trimmed of silverskin and excess fat
¼ cup	Olive Oil
1 Tbs.	Garlic, chopped
1 Tbs.	Chile Powder
2 Tbs.	Black Pepper
1 Tbs.	Fresh Rosemary, chopped

Combine all ingredients in a bowl and mix well. Coat Tenderloin and marinate for 2 – 4 hours.

SUN DRIED TOMATO AND CALIFORNIA AVOCADO RELISH

2 Tbs.	Olive Oil
2 Cloves	Garlic, chopped fine
1/3 cup	Red Onion, diced ¼"
¼ cup	Sun Dried Tomatoes, diced ¼"
1 tsp.	Cumin, ground
2 Tbs.	White Wine Vinegar
2 tsp.	Fresh Oregano, finely chopped
1 ½ cups	Tomato, diced ¼"
2 each	California Avocado, diced ¼"
¼ cup	Roasted Peppers, peeled, seeded and diced ¼"
½ each	Lemon, squeezed
To Taste	Salt & Pepper

Heat olive oil in saute pan over medium flame. Add garlic to pan, cook for 3-5 minutes.

Add onion, Sun-Dried Tomatoes, cumin and vinegar to pan and simmer for 2 minutes.

Add oregano to pan. Remove from heat and cool. When cool, add tomatoes, avocados, roasted peppers and lemon juice. Check for seasoning and set aside until ready to serve.

This relish should be slightly chunky and tangy with a little sweetness.

TO COOK THE TENDERLOIN

Preheat oven to 450°. Place meat on a sheet pan and cook 10 – 15 minutes until brown. Turn the oven down to 350° and finish cooking for 15 – 20 minutes more until desired doneness. Remove from oven and let rest for 5 – 10 minutes before cutting.

MUSHROOM RISOTTO

1 Tbs.	Olive Oil
½ each	Onion, finely diced
1 cup	Arborio Rice
2 Tbs.	White Wine
3-4 cups	Chicken or Vegetable Stock
1 cup	Fresh Mushrooms (such as Crimini, Oyster and Button), sliced and sauteed for 3 – 5 minutes in butter until al dente.
3 Tbs.	Grated Parmesan Cheese
2 Tbs.	Fresh Herbs (such as oregano, chives, parsley, thyme, rosemary), chopped
1 Tbs.	Butter
To taste	Salt & Pepper

In a 2-3 quart sauce pan heat the oil. Add onion and cook 2 minutes at medium heat.

Add rice and stir while you saute for 2 minutes until rice begins to color slightly.

Add white wine and cook 1-2 minutes until evaporated. Slowly begin adding stock- 1/4 cup at a time, stirring often. Continue slowly adding the stock until you have used 2 cups. This should take 15 - 18 minutes. Add the mushrooms and any liquid from cooking the mushrooms. Add the remaining stock stirring constantly. When the Risotto is done it should be soft and creamy on the outside and firm on the inside. When ready, add the Parmesan, butter and herbs. Season to taste and serve immediately.

FOR PRESENTATION

Spoon Risotto in Center of plate. Slice Tenderloin 1/4" thick and place 2-3 slices on top of risotto.

Spoon Avocado Relish over the meat and garnish with a sprig of Herbs.

Serve with grilled or roasted vegetables.

Executive Chef ~ Jamie West