



Grilled Beef Tenderloin, Cheddar Cauliflower Purée, Baby Carrots, Savoy Spinach and Cabernet Sauce

Nickel & Nickel Martin Stelling Vineyard Cabernet Sauvignon, Oakville, Napa Valley

by Executive Chef Trevor Eliason

Ingredients

Cauliflower Purée:

1 head cheddar cauliflower,
also known as orange cauliflower

1 1/2 quarts whole milk

2 shallots

2 fresh garlic cloves, smashed

1 teaspoon salt

4 tablespoons horseradish, prepared

1 cup Fiscalini cheddar,
or any aged cheddar, grated

Cabernet Sauce:

1/2 cup shallots, diced

Olive oil

2 cups red wine

2 fresh garlic cloves, whole

1 bay leaf

4 sprigs thyme

5 peppercorns, whole

1 pint veal stock reduction

Grilled Beef Tenderloin:

1 1/4 pounds beef tenderloin,
prime or choice grade

Olive oil

Kosher salt, to taste

Fresh cracked pepper, to taste

Herb butter, optional

Baby Carrots & Savoy Spinach:

1 dozen baby carrots,
assorted colors if available

2 tablespoons shallots, diced

Olive oil

2 bunches savoy spinach

1 teaspoon sherry vinegar

Salt, to taste

METHOD

Purée Preparation:

Remove the green leaves from the cheddar cauliflower and chop roughly into medium-sized pieces. You can use most of the stem. Place into a stainless steel pot and cover with whole milk. Add two sliced shallots, two smashed garlic cloves and a teaspoon of salt. Simmer on low heat for about an hour or until the cauliflower has just become very tender and some of the milk has reduced. Set aside. When the cauliflower is tender, strain the liquid and purée in a Cuisinart food processor. Add in the salt and prepared horseradish.

Cabernet Sauce Preparation:

Sweat the half-cup of diced shallots in olive oil until tender. Add the two cups of red wine, two whole garlic cloves, a bay leaf, thyme sprigs and peppercorns. Reduce the mixture by one-third and add the veal reduction stock. You can buy quality veal or beef stock from the freezer section at a specialty grocery store. You can also make your own stock; it will take a full day. Reduce wine and stock by half and strain through a fine mesh strainer. Place into a smaller saucepan and reduce until sauce consistency yields about a half-cup. Set aside.

Begin baby carrot prep by blanching the carrots in salted boiling water.

Cook until tender. You may also steam or glaze if familiar with these methods.

Tenderloin Preparation:

I use our gas grill to sear the tenderloin for about five minutes. I then finish it in a slow oven to ensure consistent temperature. If you have wood, or a charcoal grill, it will add nice savory flavor to the tenderloin. I recommend whole tenderloin, as opposed to pre-portioned meat. Season the tenderloin with olive oil, kosher salt, and fresh cracked pepper. Preheat the oven to 300° F. Sear beef on grill then place on a roasting rack. Top with herb butter, if desired. Place in the oven for 10-20 minutes or until thermometer reads between 120-130° F for medium-rare. Let the meat rest at least five minutes.

Baby Carrots & Spinach Preparation:

Start a sauté pan on medium heat and sweat two tablespoons of diced shallots in olive oil until tender. Add your washed spinach and season with a pinch of salt. Finish with a teaspoon of sherry vinegar.

Drizzle the baby carrots with olive oil and add a pinch of salt. Reheat on a baking dish in a 350° F oven for five minutes.

Place cauliflower purée in a small pot and heat gently, stirring often. When warm, add grated cheddar cheese. Whisk to thoroughly incorporate the cheese.

To Serve:

Lay warm plates out on counter and place a scoop of cauliflower purée in the center of the plate. To avoid excess liquid, use tongs to place the sautéed spinach on the plate. Alternatively, you can drain the spinach beforehand. Slice four equal portions of the beef tenderloin and place on top of the spinach. Garnish with three carrots and drizzle a tablespoon or so of the Cabernet sauce around each plate. Bon Appétit!

Serves 4