Beef Tenderloin Roulade

1# Filet, trimmed

½ Cup Sautéed Baby Spinach

1 Roasted Red Pepper, Sliced

¼ Cup Garlic Confit

S&P

Method:

Butterfly Filet. Rub Filet with Garlic confit. Season with S&P. Layer Spinach and Red Pepper on the filet. Roll Filet back up and tie. Season the filet with EVOO and S&P. Roast at 400* for 30 minutes until Medium Rare, Medium. Rest, Slice and Serve.

A1 Steak Sauce

½ Cup Water

½ Cup Balsamic Vin

¼ Cup Worcestershire Sauce

¼ Cup Ketchup

¼ Cup Dijon

¼ Cup Golden Raisins

S&P

½ TBSP Tabasco

½ TBSP Minced Garlic

½ Cup Minced Spanish Onion

1 TBSP EVOO

Method:

In a Medium sauté pan heat EVOO over medium heat. Add Garlic and Onion, season with S&P and sweat 2-3 minutes. Add remaining ingredients and bring to a boil. Lower heat and simmer until a nappe is formed, 10-12 minutes. Blend with Immersion blender, Cool and set aside.

Haricot Vert Almondine

1 ½ Pounds Haricot Vert, Blanched

1/3 Cup Sliced or slivered almonds

3 TBSP Butter

1 TBSP EVOO

1/3 Cup Minced Shallot

Juice of Half a lemon

S&P

Method:

Heat olive oil in a large sauté pan over medium heat. Add shallots and sweat, 1-2 minutes. Season with S&P. Add Haricot Vert, almonds and butter. Sauté and season, 4-5 minutes until warmed through. Finish with lemon Juice.