

VeraVia – Beef Filet with Ginger-Garlic Broccolini, Oven Dried Tomatoes, Caramelized Onions and Fresh Thyme

Serves 2

Beef Filet

Ingredients:

2-4 oz. beef tenderloin
1 tsp. ghee or butter
Equal parts garlic powder, chipotle powder
Salt and pepper

Method:

- Brush with butter, season and grill over medium or high heat until desired temperature is reached. Medium rare is optimal.

Ginger-Garlic Broccolini

Ingredients:

2 large handfuls broccolini or broccoli
1 clove garlic, mashed and minced
1 thumbnail sized piece ginger, sliced and finely minced
2 tsp. coconut oil
2 tsp. coconut aminos
Pepper, fresh cracked

Method:

- Blanch or steam broccolini for 2 minutes, or until slightly bright green. Remove and set aside. Place sauté pan over high heat and add coconut oil. Add broccolini and saute until coated.
- Add ginger and garlic and stir until aromatic.
- Shake in the coconut aminos and finish with pepper to taste.

Oven Dried Tomatoes

Ingredients:

2 Roma tomatoes, sliced, cored and brushed with olive oil
1/2 tsp. dried Italian herbs
Salt and pepper to taste

Method:

- Broil tomatoes until golden brown, or if you have time slowly bake in a 200 degree oven for 4 hours or until dried.

Caramelized Onions

Ingredients:

1 onion, sliced thin
1 tbsp. ghee, butter or olive oil
1 tsp. fresh thyme, finely chopped

Method:

- Set sauté pan over high heat and add ghee. When melted, add onions and stir.
- After 5 minutes, turn heat down to low and cook until onions are completely caramelized. If onions start to burn or stick to pan, simply add a tablespoon of stock or water and turn to lower heat.
- Add thyme, remove and set aside.

To Assemble:

- Place ½ cup of onions at center of plate. Slice filet and fan over onions. Arrange broccolini on one side, tipping on to beef, and the tomatoes on the other.

Optional: Garnish with fresh sprig of thyme.