

Beef Filet, Romanesco Puree, Tri-color Carrots and Chimichurri

Beef Filet

Ingredients:

2 4 oz. organic, grass-fed, pasture-raised beef filets
2 tsp, ghee
salt and pepper

Method:

Season and brush with ghee just before cooking on hot grill until desired doneness.

Romanesco Mash

Ingredients:

1 head romanesco
2 heaping tbsp. cream cheese
½ onion, diced
1 clove garlic, diced
salt and pepper

Method:

Core romanesco
Steam until past al dente stage and soft to touch
Saute onion and garlic until aromatic and soft
Robo-coup together until mashed consistency and check for seasoning.

Tri-color Carrots

Ingredients:

1 bunch tri-color carrots, sliced in half
½ shallot, minced
butter or ghee
salt and pepper

Method:

Sweat carrot in butter. Add shallots and season to taste. Continue cooking until desired doneness.

Chimichurri Sauce

Ingredients:

1 bu. cilantro, finely chopped,
1 head of garlic, cloves peeled and finely minced
1 tbsp. dried oregano, lightly crushed
1 tsp. chili flakes, crushed
½ c. vinegar, white
½ c. or more extra virgin olive oil

Method:

Mix all ingredients by hand in small bowl by whisking to blend well, or mix in food processor by pulsing until the ingredients are finely chopped, but NOT pureed. Serve cool or at room temperature. It will keep in the refrigerator, in a well-sealed glass container for 2-3 weeks.

Can also be used on fish, chicken, meats, grilled vegetables, frittatas and anything your heart desires.

Put it all together:

Plate Romanesco mash off center of plate. Plate carrots on other side. Top with beef filet. Finish by placing a dollop of chimichurri on top of filet.