

Pan Seared Beef Tenderloin with Shiitake Mushroom Butter with Steamed Red Potatoes and Blistered Asparagus



INGREDIENTS

For the tenderloin:

1.5 oz whole butter, first part
spice blend, as needed

8 - 3 oz medallion beef
tenderloin

1 tbsp garlic, minced EP

0.55 tbsp ginger, minced EP

1 tsp ground black pepper

6 oz shiitake mushroom, sliced
thin EP

4 oz corn, cut fresh

0.1 bunch flat leaf parsley,
fresh minced

0.1 bunch cilantro, fresh
minced

1 tbsp sriracha

0.1 cup rice wine vinegar

0.1 bunch green onions, sliced
on the bias

1.5 oz whole butter, second
part

kosher salt, as needed

DIRECTIONS

Season the beef tenderloin and allow it to set for about 30 minutes. Heat the sauté pan to a medium heat. Place the first portion of whole butter into the pan once the butter has melted. Increase the heat to medium high and add the seasoned beef tenderloin. Turn the beef onto the second side as the first side is browned. Once the beef is turned over, add the garlic, ginger, and ground black pepper into the center of the pan. Allow the beef to cook until the medallions are at medium rare to medium.

****NOTE**** as the medallions are cooking you must stir the ginger and garlic around so that they do not burn.

When the beef is cooked, remove the tenderloins from the heat and reserve for service. When the beef is removed, add the shiitake mushrooms, and sauté. Once the shiitakes have begun to break down, add in the corn, flat leaf parsley, and cilantro, and cook briefly. When the corn is hot, add the green onions. Then deglaze the pan with the sriracha and the rice wine vinegar. Cook the mushrooms and corns until the rice wine is au sec. Once the pan is au sec, remove the pan from heat and add in the second portion of butter. Continually stir until the butter has been incorporated into the mushrooms and corn. When the butter is incorporated into the mushrooms, adjust the seasoning of the mix with kosher salt and ground black pepper. If the mixture is too buttery add a few dashes of tabasco sauce. The acidity of the tabasco will cut the butter.

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INGREDIENTS

For the Blistered Asparagus:

0.5 cup olive oil
2 tbsp cracked black pepper
16 oz asparagus
kosher salt, as needed

DIRECTIONS

Heat a cast iron skillet until it is extremely hot. Once the skillet is hot, you must work quickly. You want the oil to be just below the point at which it begins to smoke. Add the oil to the pan and immediately add the cracked black pepper. Stir until the oil and pepper are well distributed on the bottom of the skillet. Once the oil begins to push off just a small amount of smoke, add the asparagus. As the asparagus is cooked it must be kept moving. If the asparagus is allowed to set it will burn, not blister. Once the asparagus is cooked (about 3 minutes of cooking time), add the kosher salt to taste.

For the Jicama Slaw:

0.1 cup lime juice, fresh squeezed
0.25 cup rice wine vinegar
0.5 cup salad oil
0.5 tsp cumin
0.125 tsp chile powder
0.25 oz garlic, minced fine
0.25 bunch cilantro, minced fine
0.1 bunch flat leaf parsley, minced fine
1.5 oz red onion, sliced thin
5 oz jicama, peeled
2 oz carrot, match sticks
kosher salt, as needed

For the dressing, mix all the ingredients into a large bowl. Cut the red onion into small, matchstick size pieces, and place into the marinade. Allow this to set for about 30 minutes. This will help mellow the "bite" of the onions. Cut the jicama either by hand or on a mandolin into small matchstick size pieces. Cut the carrots either by hand or on a mandolin into small matchstick size pieces. Once the onions have marinated, add the carrot and the jicama to the dressing and allow to set for about half an hour before adding any kosher salt.

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Fresh Corn Tacos, Chili-Lime Chicken & Pico de Gallo



INGREDIENTS

For the Chicken Marinade:

1/2 cup olive oil
1/8 cup lime juice
1/8 cup red wine vinegar
2 tsp chili powder
1 tsp garlic, minced
1 ½ lb chicken breast

For the Corn Tortillas:

2 cup corn masa flour
1 tbsp all purpose flour
dash salt
1 quart water, luke warm

For the Pico de Gallo:

2 cups tomatoes, seeded and diced
½ cup red onion, diced
¼ c cilantro, chopped
3 limes, juiced
salt & pepper to taste

DIRECTIONS

Whisk together ingredients for Chicken Marinade. Pour over chicken in a shallow pan. Let marinate for 3- 4 hours. Mix together dry ingredients for tortillas. Add half of water, fold into mix until dough is soft like wet play-dough, adding more water by the tablespoon until it is right. Form into golf ball size balls. Place a towel over to retain moisture. Grill chicken until 160° internal temp. Flatten tortilla balls and place on lightly oiled flat top griddle set at 325°. Cook for about 5 minutes one side, flip over, cook another 3 minutes. Mix Pico de Gallo ingredients. Slice chicken, place on tortillas with and spoon Pico on top. Put fresh avocado slices on top.

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Savory Black Bean Dip



INGREDIENTS

8 oz. thick cut bacon, chopped
8 oz. dry black beans
1 yellow onion, diced
1 red bell pepper, diced
4 garlic cloves, minced
2 tsp salt
2 tbsp brown sugar
½ tsp cumin
½ tsp coriander
¼ tsp cayenne
1 tsp olive oil
1 quart water

DIRECTIONS

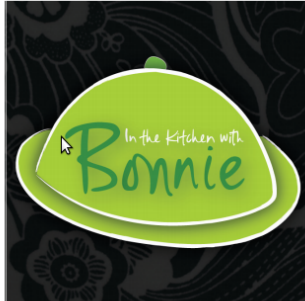
Soak beans in water overnight. Drain and Rinse. Put bacon in a sauce pan with heat on medium. Render the fat out of bacon. Just before it gets crispy, add onion, garlic, and red pepper. Saute for 2 minutes. Add beans, spices, brown sugar, water and oil. Bring to a boil, then reduce heat to simmer. Cook down for 1 hour, until stew has thickened. Stir in salt, cook 1 minute. Pull off heat. Blend the beans and serve with chips.

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Fizzy Mango Lemonade



INGREDIENTS

1 mango
2 lemons
1/3 cup sugar
½ cup water
2 cups soda water
2 sprigs mint

DIRECTIONS

Mix sugar and water in a pot. Bring to a boil, and then turn down to simmer. Cook until a light syrup is formed then cool. Peel mango, cut chunks off of the core seed, then puree. Juice lemons and strain. In a cup, combine 2 tablespoons of syrup mix, 1 tablespoon lemon juice, and 2 tablespoons of mango puree. Stir, then add 2 cups soda water. Add more of syrup, lemon or mango, if necessary. Add ice and garnish with mint.

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