

# Beef Tenderloin with Mushroom Topping and Wasabi Cream©

## Beef Marinade—Ingredients:

|               |  |
|---------------|--|
| 1–6–8 lb.     | beef tenderloin, trim off fat and tendons, tie together with double dental floss |
| 1/4 cup       | Martini Rossi™ or red wine   |
| 1/4 cup       | soy sauce with less sodium   |
| 1/4 cup       | olive oil  |
| 1 tsp.        | chili oil  |
| 1 Tbsp.       | lemon pepper   |
| 1 Tbsp. fresh | garlic, minced   |
| 1 Tbsp. fresh | ginger, grated   |

## Method:

Trim beef tenderloin. In a Ziploc™ bag combine all the marinade ingredients. Put tenderloin in the Ziploc™ bag and cover with marinade. Keep on the counter for a minimum of one hour or overnight in the refrigerator. Turn bag occasionally.

Preheat conventional oven to 450°, convection oven to 425°.

Line a roasting pan with foil (make sure you fold the foil up the sides) and spray with Pam™. Remove tenderloin from the marinade and wipe off excess marinade. Put meat on foil. Insert meat thermometer and bake until the temperature reaches 140° for rare, 150° for medium, and 160° for well. When done, let meat rest 10 minutes before carving.

## Mushroom Topping—Ingredients:

|                 |   |
|-----------------|---|
|                 | remaining marinade  |
| 2 oz.           | Kerry Gold™ butter  |
| 1 cup           | onions, sliced  |
| 1 red           | bell pepper, sliced, save bottom and 3 rings for decoration |
| 1 1/2 lb. fresh | mushrooms, destem, peel, remove membranes, slice            |
| 1/2–3/4 cup     | cream   |

## Method:

In a small pot, add marinade and heat butter. Sauté onions and bell peppers tender crisp. Add mushrooms and sauté another 2–3 minutes. When meat comes out of the oven add the meat drippings. Add cream and simmer until the cream thickens.

## To Serve:

Slice meat on a serving platter. Serve topping and wasabi cream in side dishes.

*Hint: Serve topping in a separate bowl, so it will not blend with the juice of the meat.*



## Wasabi Cream©

### Ingredients:

|               |   |
|---------------|---|
| 8 oz.         | cream cheese, room temperature              |
| 2 Tbsp.       | sour cream                                  |
| 2 Tbsp.       | mayonnaise                                  |
| 2 oz.         | Kerry Gold™ butter, room temperature        |
| 1/2–1 tsp.    | garlic, minced very fine                    |
| 2–2 1/2 Tbsp. | Southern Tsunami™ Grated Sushi Wasabi paste |
| pinch salt    |   |

### Method:

In a mixing bowl, combine all ingredients with a spatula. Keep in refrigerator until ready to use. Serve in a separate bowl.

*Hint: Wasabi can be found in the grocery store in front of the Sushi bar.*

*Hint: Also serve the Wasabi Cream© with pork and seafood.*

*Hint: Mix the Wasabi Cream© with smoked salmon and serve as a spread with crackers.*

