



ALPHA OMEGA

Stuffed Beef Tenderloin Roast and Fall Vegetable Tian

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Yield: Serves 6

Stuffed Beef Tenderloin Roast

Ingredients:

6 tbsps. butter

1 shallot, diced

2/3 cup dry sherry wine

1/4 cup dried dates, pitted and chopped

1/4 cup dried figs, diced

2 cups mixed wild mushrooms

1 tsp. minced fresh thyme

1 tsp. minced fresh sage

Kosher salt and freshly cracked black pepper

One 2- to 3-lbs center-cut beef tenderloin, trimmed and butterflied*



*To butterfly the tenderloin: About 1 inch from the bottom of the roast, cut horizontally while opening and unfurling, just before you get to the edge. Then make a diagonal cut into the remaining thicker portion of the loin and open up to create a flat and stuff-able tenderloin.

Method:

Preheat the oven to 225 degrees F

- Heat a medium skillet over medium heat. Melt 2 tablespoons of the butter, add the shallot and mushrooms, and cook until translucent, about 5 minutes.
- Add the sherry, dates, figs, thyme and sage and simmer until just dry, about 5 minutes. Season with salt and pepper and set aside.
- Season the inside of the tenderloin with salt and pepper. Spread an even layer of the mushroom mixture over it, leaving about 1/2 inch of tenderloin around the edges.
- Roll tightly and tie with at least 4 pieces of butcher's twine.
- Place the loin on a wire-rack on a baking sheet and season the outside with salt and pepper.
- Cook until the center of the tenderloin registers 120 to 125 degrees F, about 1.5 hours.
- Pour off any juices that accumulate in pan, reserve.
- In a large roasting pan, heat the remaining 4 tablespoons butter over medium heat until just foaming.
- Place the loin in the pan and sear on all sides until evenly crusty and brown, about 3 minutes a side. Transfer to a cutting board, let rest for 5 minutes and slice into 1-inch-thick slices.
- Serve with Reserved Pan Drippings



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Fall Vegetable Tian

Ingredients:

(15.5-ounce) can chickpeas, drained, 1/4 cup liquid reserved
1 1/4 tsp. kosher salt, divided
2 small sweet potatoes, peeled and sliced crosswise into 1/8-inch-thick rounds
3 medium-size red beets, peeled and sliced crosswise into 1/8-inch-thick rounds
3 parsnips, peeled and sliced diagonally into 1/8-inch-thick slices
2 small red onions, sliced crosswise into 1/8-inch-thick rounds
2 oz. Parmigiano-Reggiano cheese, grated (about 1/2 cup)
2 tsp. chopped fresh thyme
2 tbsps. extra-virgin olive oil
1/2 tsp. black pepper
3 garlic cloves, minced

Method:

Preheat oven to 375°F

- Combine chickpeas, reserved 1/4 cup chickpea liquid, and 1/4 teaspoon salt in a food processor; process until mixture is mostly smooth, about 30 seconds.
- Spread puree evenly on bottom of a 9-inch round (2-quart) baking dish. Starting at outer edge of dish, arrange groupings of 2 or 3 slices of each vegetable, layering and overlapping slightly, in 2 concentric circles, using chickpea puree to steady slices. Tuck remaining vegetable slices in center to fill up dish.
- Stir together cheese and thyme in a small bowl. Brush top of vegetables with oil; sprinkle with pepper and remaining 1 teaspoon salt. Scatter cheese mixture and garlic over tian.
- Cover tightly with aluminum foil, place on a baking sheet, and roast in preheated oven 35 minutes.
- Uncover and roast until top is lightly browned and vegetables are tender when pierced with the tip of a paring knife, 25 to 30 minutes.
- Slice Tian into 6 slices and serve alongside the beef. Serve warm or at room temperature.

Note: Tian can be assembled through step 3, covered, and stored in refrigerator up to 1 day ahead.

Enjoy!