



## ALPHA OMEGA

### Beef Tenderloin Roast, Fava Purée, Olives, Broccoli Rabe

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Yield: Serves 4

Fava Purée  
Ingredients:

1 cup fava beans  
1 ½ cups packed fresh flat-leaf parsley leaves  
1 ¾ cups vegetable Stock  
Salt and freshly ground white pepper

Vegetables  
Ingredients:

1 cup fava beans  
2 cups assorted pitted olives  
4 ounces broccoli rabe florets, blanched for 45 seconds  
2 tbsps. garlic butter, melted  
Leaves from 2 sprigs fresh oregano  
Salt and freshly ground white pepper

Beef  
Ingredients:

1.5 lbs. beef tenderloin roast  
Salt and freshly ground black pepper  
2 tbsps. vegetable oil

Fava Purée  
Method

- Bring a large pot of heavily salted water to a rolling boil. While the water is heating, prepare an ice bath.
- Blanch the fava beans for 1 minute.
- Transfer the beans to the ice bath to cool. Drain, then remove the hulls.
- Blend the fava beans, parsley, and stock together in a blender until thick and smooth. Transfer the purée to a small pot and warm it over medium-low heat.
- Season the purée with salt and pepper to taste.

## Vegetables

### Method:

- Preheat the oven to 400°F.
- Blanch and hull the fava beans as directed for the purée.
- Toss the olives and broccoli rabe with the garlic butter and spread them out on a roasting pan.
- Scatter the fava beans and oregano over the olives and broccoli rabe and season everything with salt and pepper to taste.

## Beef

### Method:

- Heat the oil in a large skillet over high heat. When the oil begins to shimmer, turn the heat down to medium-high and sear roast for 1 minute on each side to brown.
- Remove roast from the heat and set it on the roasting pan, on top of the vegetables. Roast the beef in the oven for 20 minutes for a medium-rare interior or until a meat thermometer reads 125°F.
- Remove the pan from the oven and let the meat rest for 5 minutes.
- Slice the roast into ¼-inch thick slices.

### To Serve:

- Spoon some of the fava bean purée onto the center of each of the 4 plates.
- Top each pool of bean purée with 2-3 slices of meat.
- Divide the vegetables evenly among the plates, arranging them around the purée and meat.
- Serve immediately.

*Enjoy!*