

Sirloin of Beef in a Rosemary Crust

Stephanie Collins

Rosemary Crust:

1 ½ cups fresh rosemary,
cleaned from stem
1 cup pine nuts
2 cups dry breadcrumbs
½ cup garlic, minced
½ cup shallots, minced
2 Tbsp. salt

Seasoned Egg Wash:

⅓ cup spicy mustard
¼ cup green peppercorns,
drained (they come in a tin
or jar)
8 egg yolks
¼ cup milk

Sirloin of Beef:

8 (12 oz.) sirloin steaks
1 cup flour
½ cup olive oil

Creole Mustard Sauce:

2 Tbsp. minced garlic
2 Tbsp. minced shallots
½ cup red wine
½ cup rich veal stock
½ cup cream
½ cup Creole mustard
1 tsp. salt and pepper

Rosemary Crust: Toast pine nuts in a dry skillet, stirring constantly, until lightly browned. Combine all ingredients in a food processor. Pulse to a coarse texture. Pour into a flat dish to coat steak.

Seasoned Egg Wash: Combine all ingredients in a food processor and blend until the peppercorns are minced. Put in a dish to dip steaks.

Sirloin of Beef: Trim all the fat off the sirloin. Sear each side of the sirloin in a very hot skillet. After searing, chill sirloin in refrigerator before breading. Dust sirloin with the flour and dip in seasoned egg wash. Roll and press in the crust mixture, coating the entire sirloin.

Heat a large skillet with ½ cup olive oil to approximately 325°. A rosemary leaf will pop when it touches the oil. Sauté each steak until browned on both sides, approximately 4 minutes each side.

If you want your sirloin cooked past rare-medium rare, pop it in a 350° oven another 3 minutes for medium or 6 minutes for medium well. Serve with Creole mustard sauce.

Creole Mustard Sauce: Combine garlic, shallots, and wine in a saucepan and simmer over medium-high heat until red wine has reduced to almost dry. Add veal stock and cream. Return to boil. Add Creole mustard, salt, and pepper. Simmer for 2 minutes and serve with sirloin.

Rosemary Beef or Pork Tenderloin

Patricia Horany Cooper

Make ahead Dijon Spread:

2 Tbsp. Dijon-style mustard

1 Tbsp. olive oil

1 Tbsp. snipped fresh rosemary

3 cloves garlic, minced

1 tsp. salt

¼ tsp. pepper

3 lbs. center-cut beef tenderloin
roast or boneless pork top
loin roast

4-6 oz. log garlic & herb goat
cheese (chevre), or half of
8 oz. tub cream cheese
spread with chive & onion,
or gorgonzola cheese

In small bowl, combine mustard, olive oil, rosemary, garlic, salt and pepper.

For beef tenderloin: Preheat oven to 425°. Spread Dijon spread over roast. Place roast on rack in shallow pan. Bake, uncovered, for 35 to 40 minutes (medium rare) or 45 to 50 minutes (medium). Cover with foil and let stand 15 minutes before slicing. Cut roast into approximately 8 slices, 1 to 1 ½ inches apart, cutting to, but not through, bottom of meat. Tuck in a slice of goat cheese or spoon 1 tablespoon cream cheese into each cut. Sprinkle with additional rosemary and serve.

For pork roast: Follow same instructions as for beef except bake at 325°. Roast for 1 ¼ to 2 hours.