
KITCHEN CONNAISSEUR

*Curried Potato Pancakes,
Grilled Beef Tenderloin,
and
Oven Roasted Vegetables with
Balsamic Vinegar and
Roasted Garlic Olive Oil*



POTATO PANCAKES

1 1/2 pounds	Red Potatoes
1/2 Cup	Onion - diced
1/2 Cup	Curry and Cream Sauce
1	Egg - slightly beaten
To taste	Salt and freshly ground pepper
3 Tbsp	Roasted Garlic Olive Oil

GRILLED BEEF TENDERLOIN

6	Beef tenderloins, 5 - 6 ounces each
1 Tbsp	Black pepper, freshly ground/cracked
To taste	Salt

OVEN ROASTED VEGETABLES WITH BALSAMIC VINEGAR AND ROASTED GARLIC OLIVE OIL

2 Cups	Carrots, fresh - baby or cut in 1 "pieces
2 Cups	Turnip, fresh - cut in 1" pieces
2 Cups	Onion, fresh - whole pearl or 1 Vidalia roughly chopped
2 Tbsp	Balsamic Vinegar (Modena)
2 Tbsp	Roasted Garlic Olive Oil
2 Tbsp	Herbs from Provence
2 Tbsp	Brown Sugar
To taste	Salt and freshly ground pepper

instructions

Curried Potato Pancakes

These spectacular pancakes can be used in many ways! They're great as a vegetable accompaniment. They can also be served as pancakes for brunch, topped with a poached egg and our curry and cream sauce; or in silver dollar size they can be used as the base of an hors d'oeuvre topped with sour cream and chives - or perhaps caviar. Here we have used them as a base to show off beef tenderloin!

1. Peel the potatoes, coarsely grate them with a hand held grater. (Do not use a food processor as it will make the potatoes gluey.) In a bowl, mix the onion and potatoes.
2. In a separate bowl mix the egg and curry and cream sauce. Fold this mixture into the potatoes. Season with salt and freshly ground pepper.
3. In a skillet or on a griddle, at medium high, heat the roasted garlic olive oil. Brown the patties for 5 - 7 minutes on each side. They can be served immediately or made a day ahead and reheated just before serving.

Grilled Beef Tenderloin

Preheat broiler or BBQ to 450° F. Coat the tenderloin with pepper and season with salt. Place under the broiler and grill for 4 minutes on each side, or until done to your liking.

To serve, place each tenderloin on top of a serving of curried potato. Accompany with roasted vegetables. Serve hot! Serves 6.

Oven Roasted Vegetables with Balsamic Vinegar and Roasted Garlic Olive Oil

There's nothing like these roasted vegetables! The slow cooking method and the addition of a fine balsamic vinegar, create an unbelievable combination. Here we've used carrots, turnip and onion, but any combination of vegetables, which require the same cooking time will work. You could also use potatoes, sweet potatoes, squash, and parsnips.

Serves 6.

1. Preheat oven to 375°F. Lightly oil a roasting pan. Place the pan in the oven for 10 minutes.
2. In a bowl mix together roasted garlic olive oil, balsamic vinegar, herbs from Provence, brown sugar, salt and pepper. Toss this mixture into the prepared vegetables.

3. Remove the roasting pan from the oven. Toss the vegetables into the pan. Bake for 30 - 60 minutes, or until vegetables are cooked. Remove from the oven and sprinkle with additional balsamic vinegar.

Serve immediately.