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# KITCHEN CONNAISSEUR

## *Risotto with Beef Tenderloin and Shiitake Mushrooms*



We've made this risotto dish with beef tenderloin and Herbs for Pasta and Pizza, but it could just as easily be done with lamb or smoked chicken and Herbs from Provence. Serves 8.

### *ingredients*

<b>1 1/2 Cups</b>	Italian rice, preferably Arborio
<b>5 Cups</b>	Beef or Chicken Broth, homemade or canned
<b>1 Jar</b>	<b>Sun Dried Tomato Sauce</b>
<b>4 Tbsp</b>	Butter, unsalted
<b>1/2 Cup</b>	Yellow Onion, chopped
<b>1 Tbsp</b>	Garlic, minced
<b>1/2 Cup</b>	White Wine, dry
<b>2 Tbsp</b>	<b>Herbs for Pasta &amp; Pizza</b>
	Salt and Freshly Ground Pepper
<b>8</b>	3 oz Boneless Beef Tenderloin Steaks
<b>8 Tbsp</b>	Butter, unsalted
<b>4 Tbsp</b>	Shiitake Mushrooms, sauteed
<b>3 Tbsp</b>	Italian Olives, chopped

### *instructions*

#### **Risotto**

1. In a bowl, cover the rice with cold water. Stir vigorously and drain. Repeat until the water is almost clear. Drain and set aside.
2. In a saucepan bring the broth and the Sun Dried Tomato Sauce to a boil. Reduce heat and allow to simmer while cooking the rice.
3. On medium, heat 4 Tbsp of butter in a heavy skillet. Add the onion and saute until soft (approximately 5 minutes). Add the garlic and drained rice and saute until the rice is well coated with butter. Stir in the wine and cook until absorbed. Stirring constantly, add 1/2 cup of simmering broth and sun dried tomato mixture. Cook slowly and stir until absorbed. Reduce heat if it is cooking too quickly. Continue to add the broth mixture 1/2 cup at a time. (Be sure to reserve 3/4 cup of the broth mixture for the aux jus.) Cook until

the rice is tender but firm, about 30 minutes. Add the Herbs for Pasta and Pizza, salt and pepper and mix thoroughly.

### ***Beef Tenderloin***

1. Season tenderloin with pepper. Place the tenderloins between 2 sheets of waxed paper and pound until 1/4" thick.
2. Sprinkle a "very thin" layer of salt in a heavy skillet. Over high heat allow the salt to brown slightly. Add the beef and sear on each side. Reduce the heat and top each steak with 1 Tbsp of butter, Cook for 5 (rare) - 7 (well done) minutes, turning the tenderloin several times. Remove from the pan and set aside.

### ***Aux jus***

1. Add the 3/4 cup of the broth and sun dried tomato mixture to the pan. Over high heat scrape the pan and reduce the sauce. Stir in chopped Italian olives and shiitake mushrooms.
2. Place the risotto and tenderloin on a plate. Top with aux jus. Serve immediately.