
KITCHEN CONNAISSEUR

*Grilled Beef Tenderloin
served on a bed of
Curried Potato Pancakes*



This makes a fabulous meal when also served with our Oven Roasted Vegetables.

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

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.