



# Rustic Kitchen

BISTRO & BAR

## ROASTED BEEF TENDERLOIN WITH RED WINE REDUCTION & DOUBLE BATTERED TEXAS SWEET ONION RINGS

This recipe was created exclusively by Executive Chef Tom Holloway  
and is frequently served at Rustic Kitchen.

### INGREDIENTS FOR THE TENDERLOIN

1 ea 2# Center Cut Tenderloin Roast  
2ea Whole Carrots, peeled & rough chop  
2ea Onions, peel & rough chop  
2ea Stalks Celery  
2 tsp Thyme, chopped  
Salt & Pepper to taste

### PREPARATION

PREHEAT oven 350°

Pat the tenderloin dry with a paper towel.

SEASON with salt & pepper.

PRESS the salt & pepper into the roast.

SEAR the roast on all sides in a frying pan on medium-high heat.

Place the rough chopped vegetables in a roasting pan and place the tenderloin on top of the vegetables.

ROAST the tenderloin for 30 to 35 minutes or until the roast reaches an internal temperature of 120°. The roast will continue to cook and the temperature will carry over to med rare doneness.

### INGREDIENTS FOR ONION RINGS

2ea Whole Sweet Onions  
3 cups All Purpose Flour  
1 cup Semolina Flour  
1 cup Buttermilk  
2 tsp Paprika  
Salt & Pepper to taste  
2 qt Canola Oil  
Truffle oil  
Fresh Grated Parmesan Cheese





## ROASTED BEEF TENDERLOIN WITH RED WINE REDUCTION & DOUBLE BATTERED TEXAS SWEET ONION RINGS

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### PREPARATION

Put the canola oil into a heavy bottom stock pot.

Turn on burner to MEDIUM HEAT. Use a deep fat thermometer to maintain a constant 350° temperature (be careful with the temperature of the oil anything over 350° will burn the product and could catch on fire.)

PLACE 2 cups of flour in a shallow square baking dish. Place buttermilk into another shallow square baking dish. Place 1 cup flour & 1 cup semolina in another shallow baking dish. Season the flour & semolina mix with salt, pepper & paprika. Cut the onions crosswise into 1/2 " rings and separate into individual rings. Batter the onions in the following sequence. Onions into flour, then into buttermilk, then into semolina mix, back into buttermilk and then back into semolina mix. Place the finished rings onto a plate until time to fry. Carefully drop onion rings into the hot oil one at a time be careful not to overload the pot. Fry onions until golden brown, remove onions from oil and place them on a plate lined with paper towel to absorb any excess oil. Place onion rings in a stainless steel mixing bowl and toss with truffle oil, Parmesan cheese, salt & pepper to taste. Serve immediately.

MOUNT with butter – add and gently mix in chunks of butter to increase viscosity/thickness and smooth finish of sauce (talk about difference between Velouté made with a roux and a reductions sauce)

### INGREDIENTS FOR RED WINE REDUCTION

1/2 cup or 1-2 diced shallots

2 cups red wine (Chianti)

1 teaspoon black peppercorns

2-3 bay leaves

1 handful fresh sprigs of Thyme

2 cups veal stock

### PREPARATION

At medium-high heat in same sauté pan used to sear rack of lamb, ADD shallots and

CARAMELIZE while stirring and beginning to scrape up browned bits of lamb

DEGLAZE pan with 2 cups of red wine and REDUCE by half

TRANSFER reduced red wine sauce to REDUCTION PAN (to reduce liquid more evenly)

At medium-high heat ADD 2 cups veal stock, peppercorns, sprigs of Thyme and bay leaves

REDUCE sauce till Viscosity of Napé – thickness of sauce coats back of spoon

Into a serving bowl STRAIN solids from sauce using a small Chinois or strainer and discard solids

MOUNT with butter – add and gently mix in chunks of butter to increase viscosity/thickness and smooth finish of sauce (talk about difference between Velouté made with a roux and a reductions sauce)

