



Beef Tenderloin and Gulf Shrimp

FOR THE MARINADE:

2 oz. - OLIVE OIL
1 TBS MINCED GARLIC
1 TBS ROSEMARY LEAVES-fine chop
1 TBS THYME LEAVES – fine chop
1 TBS PARSLEY – fine chop
1 TBS TARRAGON – fine chop

PROCEDURE:

Combine all of the ingredients,
(this marinade can be made days before)

FOR THE BEEF:

8 OZ Beef Tenderloin
Herb Marinade

PROCEDURE:

Put beef in a non-reactive container for at least 24 hours with the herb marinade and cover

FOR THE SHRIMP:

We purchase whole shrimp (head attached) from TRICO SHRIMP CO (they have a retail store for the public)

13/15 is a good size.

The shrimp are processed by removing the heads, peeled, then de-veined, and butterflied.

FOR THE ASPARAGUS:

Standard or large size, peel, blanch, and shock in ice bath.

FOR THE DEMI-GLACE:

8 lbs veal bones and trimmings
10 oz Carrots
5 oz onions – cloves stuck in
5 qts cold water
4 oz leeks
4 oz celery
1 bunch of herbs, parsley stems, bay leaf, and thyme
10 oz. Tomato paste

PROCEEDURE:

Roast veal bones in a 500 degree oven until brown
Add tomato paste and continue to roast
Deglaze roasting pan with red wine and scrape the bottom of the pan
Add beef stock and cook for 4 hours, then add remainder of the ingredients and cook for an additional 4 hours at low-medium temperature (low boil). Strain through a fine strainer and then reduce of an additional 2 hours.

TO COOK:

Season the beef with salt and pepper.
Cook on hot grill to 140 degrees.
Rest the beef for 15 minutes.

Re-heat the blanched asparagus in a saute pan with a little olive oil. Lightly season the asparagus

Season the cleaned shrimp and saute in a hot pan with a little olive oil. Lightly brown and finish in the oven and top with herb butter

