

## BEEF TENDERLOIN, YUKON GOLD POTATOES, CHILI-CURED ONIONS

Cookbook: c:\program files\ffts\nyc588\user\...RECIPES1

		<b>Onions</b>
<b>2</b>	<b>cups</b>	<b>vertically sliced red onion</b>
<b>1/4</b>	<b>cup</b>	<b>fresh lemon juice</b>
<b>1</b>	<b>tablespoon</b>	<b>minced fresh basil</b>
<b>2</b>	<b>teaspoon</b>	<b>chili powder</b>
<b>1/4</b>	<b>teaspoon</b>	<b>Salt</b>
<b>1/8</b>	<b>teaspoon</b>	<b>ground red pepper</b>
		<b>potatoes</b>
<b>4</b>	<b>cups</b>	<b>yukon gold or red potato; sliced (about 1 1/2 lbs)</b>
<b>1</b>	<b>tablespoon</b>	<b>vegetable oil</b>
<b>1/2</b>	<b>teaspoon</b>	<b>Salt</b>
<b>1/4</b>	<b>teaspoon</b>	<b>freshly ground black pepper</b>
		<b>cooking spray</b>
		<b>Horseradish Cream</b>
<b>2/3</b>	<b>cup</b>	<b>sour cream</b>
<b>2</b>	<b>tablespoon</b>	<b>milk</b>
<b>1</b>	<b>tablespoon</b>	<b>prepared horseradish,</b>
		<b>remaining ingredients</b>
<b>1</b>	<b>12 oz</b>	<b>beef tenderloin</b>
<b>1/4</b>	<b>teaspoon</b>	<b>freshly ground black pepper</b>
<b>2</b>	<b>cups</b>	<b>trimmed arugula</b>
<b>4</b>	<b>shavings</b>	<b>fresh parmesan cheese</b>

To prepare onions, combine first 6 ingredients in a bowl; toss well. Let stand 2 hours, stirring occasionally.

Preheat oven to 450.

To prepare potatoes, combine potato, oil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper in a bowl, and toss well to coat. Arrange potato slices in a single layer on a jelly-roll pan coated with cooking spray. Bake at 450 for 15 minutes. Turn potato slices over, and bake an additional 20 minutes or until tender and lightly browned.

To prepare horseradish cream, combine sour cream, milk, and horseradish; cover and chill.

Prepare the grill, or preheat oven to 450.

Rub tenderloin with 1/4 t black pepper. Insert meat thermometer into thickest part of tenderloin. Place the tenderloin on a grill rack or a broiler pan coated with cooking spray, and grill or bake at 450 for 20 minutes or until meat thermometer registers 145 (medium-rare) or 160 (medium) turning every 5 minutes. Let stand 5 minutes; cut into 8 slices.

Drain onions in a colander over a bowl, reserving 1 T marinade; toss marinade with arugula.

Arrange 2 slices tenderloin, 1 cup potatoes, 1/2 cup arugula mixture, and 1/4 cup onions on each of 4 plates; drizzle each serving with about 2 1/2