

SEARED BEEF TENDELOIN & AVOCADO SANDWICHES

Called *churrasco* in Chile, this hugely popular sandwich combines spicy seared beef, a smooth avocado spread & a vibrant tomato salad.

SOURCE: FOOD & WINE October 2001

INGREDIENTS:

1 medium tomato, finely chopped
1 TBS finely chopped cilantro
1 small garlic clove, minced
1 small jalapeño, seeded/minced
3 TBS canola oil
Salt & freshly ground black pepper
1 ripe (Hass) avocado, peeled
1 lb beef tenderloin, sliced 1/2" thick & pounded to 1/4" thickness
4 soft rolls, split
1/4 C mayonnaise

DIRECTIONS:

In medium bowl, toss tomato with cilantro, garlic, jalapeño & 1 TBS canola oil - season with salt & pepper. In another bowl, mash avocado & season with salt & pepper.

In large heavy skillet, heat 1 TBS oil till shimmering. Season meat with salt & pepper & add half to skillet - cook over high heat till meat is browned around edges but still pink in center (about 1 1/2 minutes) - turn & cook 1 more minute for medium. Transfer meat to large plate. Repeat with remaining meat + 1 more TBS oil.

Spread avocado on bottom halves of rolls & mayo on top halves. Arrange meat on avocado, top with tomatoes & drizzle with tomato & meat juices. Set tops onto sandwiches & serve immediately.

Wine: A fruity, rustic red with lots of flavor & good acidity, such as a zinfandel, best complements this spicy beef & creamy avocado sandwich.

Serves: 4