

## **Beef Tenderloin Cobb Salad**

**SOURCE: FOOD & WINE August 2001**

### **INGREDIENTS:**

1/2 C chopped flat-leaf parsley	2 TBS extra-virgin olive oil
1 TBS sweet paprika	2 tsp ground cumin
5 garlic cloves, minced	Kosher salt + freshly ground pepper
2 1/2 lbs trimmed beef tenderloin	1/2 C mayonnaise
1/2 C grated Parmesan cheese	2 TBS Dijon mustard
2 TBS buttermilk	2 TBS fresh lemon juice
2 anchovy fillets, mashed	1 jalapeño, seeded/minced
1 TBS Worcestershire sauce	1/2 lb thickly sliced bacon
2 large heads Romaine lettuce, torn into bite-size pieces	
2 large Hass avocados, cut into 1/2" pieces	
1 1/2 C Cornnuts	1 TBS pure olive oil
4 beefsteak tomatoes, cut into wedges	1 C sunflower sprouts

### **DIRECTIONS:**

In large shallow dish, combine parsley, extra-virgin olive oil, paprika + cumin - stir in half the minced garlic, 1 TBS salt + 2 TBS pepper - add meat - turn to coat thoroughly - cover/refrigerate 1-2 hours. Preheat oven to 400° F - in medium bowl, mix mayo, Parmesan, mustard, buttermilk, lemon juice, anchovies, jalapeño, Worcestershire sauce, + remaining minced garlic - season dressing with salt + pepper to taste - refrigerate.

In large skillet, cook bacon over moderate heat till crisp (about 5 minutes) - drain/coarsely chop - in large bowl toss romaine with bacon, avocados + cornnuts. In large ovenproof skillet, heat pure olive oil till almost smoking - remove meat from marinade - pat dry - cook over moderately high heat till browned on 3 sides (about 3 minutes/side) - turn to brown on final side and put skillet into oven - roast meat 25 minutes till 125° F for medium rare - transfer to carving board - let stand 10 minutes.

Toss salad with half the dressing - mound on large platter, surround with tomato wedges - scatter sprouts atop - thinly slice tenderloin - arrange on salad - serve. Pass extra dressing at table.