

Macadamia Crusted Beef Tenderloin with Habanero-Ginger Red Wine Sauce

rosemary + molasses + cloves

Yield: 4-6 servings



Ingredients

Macadamia crusted beef tenderloin:

- 2 lb center cut beef tenderloin
- Salt and pepper
- 2 tablespoons oil
- 1 egg yolk
- 1 tablespoon Dijon mustard
- 1 tablespoon molasses
- 1 teaspoon Worcestershire sauce
- 1 teaspoon garlic powder
- 4 oz macadamia nuts
- 2 teaspoons fresh rosemary

Habanero-ginger red wine sauce:

- 1 ½ cup red wine
- ¼ cup red wine vinegar
- 1 slice habanero pepper (see Kayla's notes)
- ¼ oz shaved fresh ginger
- 1 clove garlic, smashed
- 4 cloves
- 1 tablespoon brown sugar

Garnishes:

- 6 oz sliced bacon, cooked
- Wedge of blue cheese, broken into pieces
- 4 oz cherry tomatoes, halved

Directions

Macadamia crusted beef tenderloin:

Preheat the oven to 425°F. In a large sauté pan, heat the oil over medium-high heat. Season the beef tenderloin with a generous amount of salt and pepper. Sear the meat on each side until golden brown, a couple minutes per side. Remove the tenderloin from the pan and let cool slightly on a baking sheet. Meanwhile, whisk together the egg yolk, Dijon mustard, molasses, Worcestershire sauce, and garlic powder; set aside. In a food processor, pulse the macadamia nuts and rosemary a few times until finely chopped. When the meat is cool enough to handle, roll it in the egg yolk mixture so that it is evenly coated. Place the tenderloin back on the baking sheet and sprinkle the nut mixture on top. Press the nuts firmly into the tenderloin so they create a crust on the exposed sides. Bake the tenderloin for 25-30 minutes, or until the desired doneness is reached. If the top begins to brown too much, cover the meat with a piece of foil. Remove from the oven and let rest for 10 minutes before slicing.

Habanero-ginger red wine sauce:

In a small saucepan, combine the red wine, red wine vinegar, habanero pepper, ginger, garlic, cloves, and brown sugar. Bring the mixture to a boil. Reduce to a simmer and cook until thick and syrupy, about 20 minutes. Strain the sauce before serving.

To serve:

Serve a thick slice of beef tenderloin with a heaping spoonful of the sauce. Garnish with a slice or two of bacon, a few pieces of blue cheese, and the cherry tomatoes.

Kayla's Notes

Habaneros are very hot peppers. I cut one pepper in half, scrape the seeds out, and then slice a thin strip off of the half to use in the sauce. Trust me that is all you need!