

Beef Tenderloin Sandwiches with a Southern Flair

Ingredients:

- 7 lbs beef tenderloin trimmed
- 8 oz. blackening spice
- ½ lb. okra, fresh
- ½ lb. plum tomatoes
- ½ bunch flat parsley
- ½ lb. blue cheese
- ½ pt. olive oil
- 1 tbsp. Kosher salt
- ½ teas. black pepper

Preparation:

Rub the tenderloin with olive oil, then roll with the blacken spice using a iron pan. Place on the burner and carefully get the pan white hot. Be sure to have ventilation on. Place the seasoned tenderloin into pan and blacken on all sides quickly. Remove from the pan and place into a preheated 400 degree oven on a sheet pan. Roast for about 25 minutes till the doneness desired.

With a separate frying pan place 2 tbsp. of the olive oil into the pan. Add the okra and sauté. Add the tomatoes, and parley. Season with salt and pepper. Cover the pan and let braise for about 15 minutes on a low heat.

Prepare the sandwiches by slicing the tenderloin thinly. Stack onto the roll. Butter the meat with sweet butter. Layer the okra mixture on top. Place some blue cheese and cover with the top half of the bun.



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