

STEAK SALAD with HORSERADISH SAUCE, MUSTARD VINAIGRETTE and MARINATED BEETS

I love these beets, as do most people I have served them to. Some people can't stand to be in the same room with beets. You can substitute with some other marinated vegetable or say what my father would say, "Eat 'em, they're good for ya'."

1½ lb. trimmed beef tenderloin, cut from the middle of the roast so that it is the same thickness throughout

½ Vidalia or red onion, sliced thinly

several sprigs thyme

2 cloves garlic, cut into slivers

salt

pepper

olive oil

¼ cup whipping cream

4 tsp. mayonnaise

2 tbsp. prepared horseradish, drained

1 tsp. Dijon mustard

pinch of sugar

salt and freshly ground pepper to taste

2 tbsp. White wine vinegar

1 tsp. Dijon mustard

½ cup Extra Virgin Olive Oil

salt and pepper to taste

6 large beets, trimmed with peels left on

2½ tbsp. Sherry wine vinegar

½ cup Walnut oil

salt and pepper to taste

6 hands full mesclun greens, washed and dried

BEEF:

Make a small slit in the beef with the tip of a paring knife and insert a sliver of garlic. Repeat this, spacing them about 1½ inches apart. Lay enough plastic wrap to cover the beef on a work surface. Spread half of the onions and thyme on the wrap in an area the size of the beef. Coat beef with olive oil. Lay beef on the onions and thyme, and put the remaining onions and thyme on top. Wrap it tight and put it in the refrigerator for 8 hours or overnight.

Pre-heat oven to 400 degrees. Remove the herbs and onions. Salt and pepper the beef, and brown well in clarified butter on all sides over medium-high to high flame in a roasting pan or skillet. Then place beef on a rack in a roasting pan and put it in the oven, turning every 10 minutes. Cook 20 minutes for rare, 25 minutes for medium rare, and 30 minutes for medium. Check with an instant-read thermometer at the thickest part: 125 for rare, 130 for medium rare, and 135 for medium. Cool, cover with plastic wrap and place in refrigerator until serving time.

BEETS:

Wrap beets individually in foil, place them on a cookie sheet and roast at 350 for an hour or until fork tender. When they are cool enough to handle, peel and slice them in half, then cut the halves into wedges. Put the sherry wine vinegar in a large bowl, add a dash of salt and pepper, whisk, and then whisk in the walnut oil until it emulsifies. Add the beets and toss until well coated. Place in the refrigerator, and toss them every few hours.

HORSERADISH SAUCE:

Whip the cream in a bowl until it forms soft peaks. Combine the mayonnaise, horseradish and mustard in another bowl. Fold in the cream using a rubber spatula. Add the sugar, salt and pepper and stir well.

MUSTARD VINAIGRETTE:

Whisk white wine vinegar with a dash of salt and pepper and Dijon mustard. Then whisk in extra-virgin olive oil, whisking until it emulsifies.

TO ASSEMBLE SALAD:

Toss greens in just enough of the mustard vinaigrette to coat. Mound greens on plates. Place beets in the center of each plate. Slice the beef in $\frac{1}{4}$ to $\frac{1}{2}$ inch slices and arrange them around the beets. Drizzle horseradish sauce on beef slices and serve.

Serves 4-6