

ENTREE

# Beef Medallions

**Ingredients:**

- 3 ea Beef Tenderloin medallions, 2 oz
- to taste Salt and Pepper
- 7 oz Roasted Garlic Mashed Potatoes
- 6 oz Fresh Vegetable Mix
- 1 oz Olive Oil
- 2 tsp Garlic, minced

**Garnish (optional)**

- 4-5 pieces Fresh Strawberries
- 1 sprig Fresh Basil

## Strawberry, Poppy Seed and Black Pepper Sauce

- Lyons Strawberry Topping - Item 0034 ½ Cup
- Beef Stock 2 Cups
- Poppy Seeds 1 tsp.
- Red Onion, chopped ¼ Cup
- Salt 2 tsp.
- Black Pepper (Course Ground) 3 tsp.
- Balsamic Vinegar ¼ Cup
- Garlic, Minced 1 Tbsp.
- Corn Starch 1 Tbsp.
- Cold Water ¼ Cup
- Olive Oil 2 Tbsp

Heat olive oil in pan, sauté red onions until translucent and add garlic. Mix all remaining ingredients except the corn starch and water. Pour mixture in pan and bring to a boil. Let simmer for 10 minutes. Mix corn starch and water and add to pot a little at a time until desired consistency is reached.

**Procedure:**

1. Season tenderloin with salt and pepper to taste, place on hot grill and cook to medium rare.
2. Heat 1 tsp. of olive oil in sauté pan and add asparagus and salt to taste, toss in hot pan until heated throughout.
3. On a round plate, pipe potatoes with pastry bag onto the center of the plate. Coat bottom half of the plate with Strawberry, Poppy Seed and Black Pepper Sauce. Shingle medallions on top of sauce. Place vegetables on top half of plate.
4. Drizzle 1-2 Tbsp. of sauce over the beef and potatoes, garnish with fresh strawberries and basil.

