



PAPER & FOOD SERVICE, INC.

Beef Tenderloin with Wild Mushroom Risotto

Ingredients **Yield: 1 Serving**

- 3 oz. Beef Tenderloin, medallion
- 3 oz. Wild mushroom blend
- 1 1/2 c. Chicken Stock
- 2 1/4 tsp. Olive oil
- 1 Tlb.. Shallot, chopped
- 1/4 c. Arborio Rice
- 2 Tlb. Sherry
- 2 oz. Parmesan cheese
- 1/4 tsp. Fresh thyme, chopped
- 3 ea. Asparagus spears
- t.t. Salt
- t.t. Black pepper, café

Preparation Instructions:

1. Season beef tenderloin filet on both sides with salt and pepper. Place on grill and cook to medium rare. Remove and reserve. (When ready to serve slice tenderloin)
2. Bring chicken stock to simmer in medium saucepan. Reduce heat to low;cover and keep stock hot.
3. Melt butter with olive oil in a large heavy saute pan over medium heat. Add chopped shallots, saute for 1 minute. Then add the wild mushrooms and continue cooking until mushrooms are tender and juices are released about 5 minutes. Add the rice and stir to coat. Then add the sherry and simmer until liquid is absorbed, stirring frequently. Increase heat to medium-high and add 3/4 cup hot chicken stock and simmer until absorbed, stirring frequently. Add remaining hot chicken stock allowing it to be absorbed stirring frequently until rice is just tender and mixture is creamy. Total cooking time will be about 15-20 minutes. Stir in parmesan cheese and fresh thyme.
- 4 To serve place risotto in center of warm serving bowl, garnish with grilled asparagus spears and sliced beef tenderloin.

Ingredients		Maines Product Code #	Amount	
Beef Tenderloin, Medallion	Indian Ridge	101290	3 oz.	
Wild Mushroom blend	Fresh	097420	3 oz.	
Chicken Base	Culinary Secrets	234301	1 1/2 c.	
Olive Oil	Gem	370864	2 1/4 tsp.	
Shallot	Fresh	097737	1 Tlb.	
Arborio Rice	Roland	331120	1/4 c.	
Sherry	Regina	305420	2 Tlb.	
Parmesan cheese, grated	Grande	011115	2 oz.	
Fresh thyme	Fresh	097302	1/4 tsp.	
Asparagus spears	Markon	097032	3 ea.	
Salt	Katy's Kitchen	340620	t.t.	
Black pepper, café	Culinary Secrets	345631	t.t.	