

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Tenderloin with Poblano Cream Sauce

Beef and cream aren't paired much, except for the buttery-delicate tenderloin. Here's a cream sauce with a bit of bite, but doesn't overpower the meat...

*1 large, fresh Poblano pepper
½ tsp cayenne pepper powder
½ tsp chipotle pepper powder
1 oz pancetta, finely chopped
2 beef tenderloin steaks, 8 oz ea
salt and freshly ground black pepper*

*½ Tbsp light olive oil
2 oz white wine (dry preferred)
1 clove garlic, smashed and chopped
1 Tbsp chopped shallots
2 oz heavy cream*

Using a grill or broiler, roast the Poblano. When skin of pepper is mostly blackened, place in a brown paper bag and roll the top closed. Set aside for five minutes or so, then remove pepper from bag and wash skin away under running water. Split the pepper open with your fingers and wash away seeds and ribs. Dry, transfer to a cutting surface and chop; retain.

Meanwhile, mix the pepper powders with the pancetta in a small bowl. Cover and allow to marinate.

Heat oven to 375° F. Season the steaks and sear in a very hot, oven-proof skillet on all sides, until well-browned. Place skillet into oven and roast until internal temperature reaches 130° F (rare), or higher as desired; medium-rare is 135-140°, medium is 145-150°. More done than that, you really want a hamburger, not a good steak!

Transfer tenderloins to a covered warmer and place the skillet over medium heat. Add pancetta, garlic, shallots and Poblano. Cook for about 30 seconds, but don't let garlic scorch! Deglaze with wine and cook until the pan is almost dry. Add cream and adjust seasoning as desired. Reduce until cream will coat a spoon.

Plate the steaks, pour cream sauce over meat, garnish as desired and serve.

Yield: Two servings

Preparation time: 20 minutes

Cooking time: 30 minutes

