



Culinary Masterclass

Space @ My Humble House

Presented by:

Alan Wong

Alan Wong's Restaurant, USA

Roast Beef Tenderloin with U.S. Fingerling Potatoes, Chilli Lemongrass Dressing and Lomi Tomato Relish



World Gourmet Summit 2005

Serves 4

INGREDIENTS

1kg	U.S. Fingerling Potatoes, scrubbed clean
	Salt and freshly ground black pepper, to taste
20g	freshly minced garlic
50ml	Bertolli's 100% olive oil
1kg	beef tenderloin
	Salt and freshly ground black pepper, to taste
60ml	vegetable or corn oil
110g	shrimp sambal
	Chilli lemongrass dressing (prepared)
	Lomi tomato relish (prepared)

Mixed Salad Greens and Fruits

Belgian endive
 Butterhead lettuce
 Lolla Rosa leaves
 Romaine leaves
 Watercress and red radish
 Fresh basil, mint, cilantro and radish sprouts
 Ripe avocado wedges
 Ripe mango pieces

Method:

1. Pour enough water to cover the U.S. Fingerling Potatoes in a large pot. Bring water to a boil over medium-high heat. Reduce heat and simmer until potatoes are tender. (Time will vary depending on the size of the potatoes, but should be approximately 15 to 18 minutes.) Drain and set aside to cool. Once completely cooled, cut into half lengthwise and transfer to a large mixing bowl and season with salt, ground black pepper, minced garlic and olive oil. Toss potatoes thoroughly to coat evenly with the seasonings. Spread seasoned potatoes out on a large baking sheet and bake in a pre-heated oven at 175°C, turning the potatoes occasionally until they become golden brown.
2. Season the beef tenderloin with salt and ground black pepper to taste. Heat a sauté pan over medium-high heat with vegetable or corn oil until hot. Reduce heat slightly and add seasoned beef and pan-fry both sides until desired doneness. Remove from pan and coat the pan-fried beef evenly with shrimp sambal. Let it rest for 10 to 15 minutes, then slice into thin slices. Keep warm.
3. Place the roasted beef slices on each serving plate and top with lomi tomato relish. Place a selection of mixed salad greens and fruits on the plate and drizzle with chilli lemongrass dressing.