

Pan Seared Filet with Parmesan Grits, Roasted Heirloom Carrots, and Salsa Verde

By Kevin Simley



Hands-On Time: 1 Hour



Total Time: 2 Hours



Serving: 4 People

Ingredients

- 4 6-8 oz beef tenderloin filets or 1 large eggplant if making the dish vegetarian
- 4 garlic cloves, smashed
- 4 sprigs of fresh thyme
- 1 cup polenta or corn grits, preferably Bob's Red Mill
- 3 cups milk
- 2 oz of finely grated Parmigiano Reggiano
- 2 bunches organic rainbow-colored carrots, cleaned, and tops removed and reserved for salsa verde
- 2 cups orange juice
- 6 oz unsalted butter, diced into ½ in cubes
- ¼ cup arugula
- ¼ cup carrot tops
- ½ cup fresh Italian parsley
- Juice and zest of 1 lemon
- ¼ tsp. red pepper flakes
- 1 Tbsp. capers, drained
- 2 garlic cloves, roughly chopped
- Olive oil as needed
- Canola oil, or preferred cooking oil, as needed
- Kosher salt and black pepper as needed
- ¼ cup balsamic vinegar if

Cooking Method

Do ahead of time:

1. In a small sauce pan reduce the orange juice by two thirds and allow to cool before storing in an airtight container in the fridge. This can be done the day before.
2. In a food processor add the arugula, carrot tops, Italian parsley, 2 cloves chopped garlic, red pepper flake, lemon juice and zest, and capers. Turn on the food processor and slowly drizzle in olive oil until ingredients begin to blend and emulsify. The salsa verde should be the consistency of pesto. Season with salt and black pepper to taste and store in an airtight container in the fridge. Salsa verde can be made the day before.
3. Pre heat oven to 425°F. With the carrot tops removed and carrots thoroughly washed but not peeled toss them in a medium bowl with canola oil, salt and black pepper. Place the carrots on a baking sheet and bake for 15-20 minutes or until the carrots become well browned and blistered on the outside. This step can be done the day ahead of time or the evening of the event. If doing ahead of time store in an airtight container in the fridge.
4. If making the dish vegetarian cut the eggplants in to 3 in thick circles that will somewhat resemble a filet. Place the eggplant in a large sealable bag and add the 4 smashed garlic cloves, thyme sprigs, ¼ cup olive oil and ¼ balsamic vinegar. Allow to marinate for at least 1 hour or overnight.

Evening of the event:

5. If making the dish vegetarian begin by preheating the oven to 425°F. Remove the eggplants from the marinade and place on a well-oiled baking sheet. Roast in the oven for 15-25 minutes or until the eggplant becomes tender and well browned.
6. In a medium sauce pan bring the 3 cups of milk to a gentle simmer over low heat. Slowly whisk in the grits or polenta

making sure no clumps form and cook for 5 minutes or according to the package's instructions. Whisk in the parmesan, 2 oz of butter and season with salt to taste. Remove from heat and cover.

7. At this point remove the salsa verde as well as the filets from the fridge to allow both to come to room temperature.
8. Begin to preheat a cast iron or thick sauté pan over medium-high heat. Be sure to turn on the stove hood vents or open a window as the pan may begin to smoke.
9. Season the steaks generously with kosher salt and freshly cracked black pepper. With the cast iron pan preheated drizzle in a small amount of cooking oil and place the steaks into the pan pushing down gently on each steak to ensure a nice even sear. There will be quite a lot of smoke coming from the pan so be sure to have hood vents turned on and a window open. Cook the first side of the steak for a minute or two or until a nice crust forms. Flip the steak over and sear for another two minutes. Lower the heat to medium low and add the smashed garlic cloves, thyme sprigs and 2 oz of butter. Baste the steaks with the butter flipping the steaks every minute or so until the desired steak temperature* is reached. Remove the steaks from the pan and allow to rest for 5-10 minutes.
10. While the steak is resting combine orange juice reduction and the roasted carrots in a medium sauté pan and cook on medium low until carrots are warmed through. If the reduction is too thick a small splash of juice or water can be added. Slowly whisk in 2 oz of butter being sure to take the pan on and off the heat as needed to ensure the butter emulsifies with the orange glaze without breaking. The carrots should be well glazed and have a shimmer to them. At this point reheat the grits over low heat adding a small splash of milk if necessary, to ensure a smooth consistency.
11. To plate spoon a portion of grits on to the center of each plate and arrange the roasted carrots on top of the grits. Place a filet or roasted eggplant on top of the carrots and drizzle with the salsa verde.

Notes

*For rare cook to 120°F, medium rare 130°F, medium 140°F, medium well 150°F, well done 160°F.