

WHAT'S COOKING

by the Culinary Staff, Certified Angus Beef LLC

Sautéed Medallions with Pearl Onion Red Wine Sauce

If the cool weather has you hunkered down around the fire place, we've got a recipe that's bound to get you up and in the kitchen.

This rich and flavorful dish is perfect for a weeknight meal, special celebration or a practice run through for Valentine's Day. Who says you can't start celebrating early?

Often referred to as the "baseball cut," the sirloin filet is a lean, versatile steak known for its juiciness, tenderness and flavor. Paired with the simple, classic technique of sautéing, you'll be the talk of the town.

Below we've mentioned a few tips to select your meat and wine for the recipe. As far as sizing, be sure to cut or request small enough medallions that they can fit in the pan without touching or crowding.

To sauté with the best of us, aim for your pan to be hot enough so your meat "jumps" and doesn't stick. It's quick and fast and the flavor is well worth it.

Once everything is browned on both sides, set the medallions aside and get into your sauce.

This one's simple: start with quality meat, add a bit of flavor and serve. You'll be sautéing into spring in no time.

Chef tips:

- Ask your butcher to cut *Certified Angus Beef*® sirloin medallions. The recipe calls for medallions cut from the ball tip from the bottom sirloin. If not available, use top sirloin and pull from the center.
- Rule for cooking with wine: if you would enjoy drinking it, you'll enjoy it in the recipe. You don't need to pull your most expensive bottle off the rack.
- Use low-sodium broth, then season to taste.
- Avoid anything cast iron for this recipe.

Sautéed Medallions with Pearl Onion Red Wine Sauce

Serves 2 - 3

Ingredients

- 1 pound *Certified Angus Beef*® bottom sirloin medallions (2-3 ounces each)
- Le Creuset stainless steel sauté pan with lid
- 2 tablespoons vegetable or canola oil
- 1 cup frozen petite pearl onions



- 1/2 cup red wine blend
- 1/2 cup beef stock
- 1 tablespoon tomato paste
- 1/2 teaspoon coarse kosher salt
- 1/2 teaspoon cracked black pepper
- 2 sprigs fresh thyme

Instructions

Pat beef medallions dry. Heat oil in pan over medium heat. Sear medallions, browning for 2 minutes on each side to develop a dark mahogany crust; remove from pan.

Add pearl onions and sear until golden. Add red wine; reduce by half. Add beef stock, tomato paste, salt, pepper and thyme. Simmer 2 minutes until sauce has thickened.

Add medallions, cover and turn off heat. Allow to sit covered for five minutes before serving. **AJ**

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