

Southern Sisters Reserve Cabernet Merlot

Rare Beef and Blackberry Salad (serves four as appetizer)

Ingredients:

¼ cup (60ml) + 1 tablespoon olive oil (15ml)
4 oz (120 gram) piece beef tenderloin
Small wedge Parmigiano Reggiano
3 cups (720ml) microgreens
¼ cup (60ml) pecans, toasted
¼ cup (60ml) + 1 ½ (22.5ml) tablespoons olive oil
1 tablespoon (15ml) shallots, minced
1 clove garlic, minced
¾ cup (180ml) blackberries
1 tablespoon (15ml) mint, finely chopped
1 teaspoon (5ml) sugar
¼ cup (60ml) balsamic vinegar

Vinaigrette

1. Placeauté pan over medium heat
2. Add ½ tablespoon (7.5ml) olive oil, and when oil is hot add shallots and garlic
3. Sautée until translucent and fragrant, making sure not to burn garlic
4. Add ½ cup (120ml) blackberries and cook for 1-2 minutes
5. Add balsamic vinegar and reduce by half
6. Add mint and sugar and transfer to blender
7. Blend until smooth, and while still running, slowly add ¼ cup olive oil
8. Set vinaigrette aside
9. Shave Parmesan into thin pieces and set aside
10. Season beef with salt and pepper
11. Place sauté pan over medium-high heat
12. Add ½ tablespoon (7.5ml) olive oil
13. When olive oil is hot and beef, and sear all on all sides
14. Remove beef and let rest
15. When completed rested (5 minutes), use a meat slicer or extremely sharp knife, slice beef as thinly as possible
16. In a mixing bowl place greens, and season
17. Spoon over vinaigrette and mix with berries and toasted pecans
18. On plate arrange slices of tenderloin, season with sea salt and pepper, drizzle with remaining olive oil and top with parmesan
19. In center of dish place mixed salad and garnish with remaining berries