

Barbera Beef Tenderloin & Eggs Skillet

RECIPE BY: Dean A. Thomas, CEC CCE

YIELD: 4 Servings

“This popular dish is served directly in the skillet and makes a great breakfast or brunch dish with unusual, yet tantalizing wake-up flavors. The Vienza Barbera and coffee add sour and bitterness that are enriched with the egg yolk and the beef flavors.”

INGREDIENTS

1 lb	Beef Tenderloin Filet Tips
1/2 cup	Vegetable Oil
1 tbsp	Garlic, chopped
1 each	Shallot, chopped
1 each	Red Onion, 1/2” wedges
2 each	Tomatoes, supreme
1/4 cup	Soy Sauce
1 pinch	Ground Cumin
2 oz	Vienza 2013 Barbera
2 tbsp	Coffee
1 cup	Brown Sauce
1/4 cup	Cilantro Leaves
2 each	Baked Potatoes, large wedges
8 each	Eggs, any style

METHOD OF PREPARATION:

1. Begin by preheating the skillet, add the oil and the tenderloin to sear and carmelize before stirring.
2. When carmelized, turn the beef and add the garlic, shallot, onion and tomato.
3. Sauté for 1-2 minutes before deglazing the skillet with soy sauce, Vienza Barbera and coffee.
4. Add the brown sauce and simmer for 1 minute. Toss in the cilantro leaves and potato wedges.
5. Bring to a simmer while preparing the farm fresh eggs the way you prefer to serve directly on top.