

RECIPES

Tenderloin Steak with Three Chiles Sauce

This steak resembles a French steak with brown sauce, but I think it is much better and certainly more interesting.



The Sauce:

Ingredients

- 1 ancho chile
- 1 pasilla chile
- 1 chipotle chile canned in adobo sauce
- 3 tablespoons olive oil
- 1 1/3 cups chopped white onion
- 2 cloves garlic, chopped
- 1 tablespoon brandy
- 1/4 cup loosely packed cilantro

3/4 cup beef broth

Heaping 1/4 teaspoon salt

3/4 teaspoon brown sugar

Directions

1. Process the chiles. Toast the ancho and pasilla chiles in a hot skillet over medium heat for about 30 seconds to enhance their flavors, and then stem, seed, and devein them. Cover the chiles with hot water and allow them to soak for 20 minutes. Drain the chiles, reserving ¼ cup of the soaking water. Put the chiles in a blender, and add the chipotle chile and reserved soaking water.

2. Cook the onions and garlic and finish the chile paste. Put 1 tablespoon of the oil into a skillet over medium heat, add the onions and sauté them until golden brown, lowering the heat as necessary to prevent scorching. Add the garlic and cook another minute or until they are just cooked through but not browned. Place the contents of the skillet into the blender with the chiles, and add the brandy and cilantro. Blend the mixture for 2 minutes. If necessary for the machine to work properly, add a little water, but do not add any more than is absolutely necessary. Scoop out and reserve the resulting paste

3. Finish the sauce. Put the remaining 2 tablespoons olive oil in a saucepan over medium high heat. When the oil just begins to smoke, add the chile paste. Cook the paste, stirring constantly to incorporate it into the oil and then continue cooking until it is very thick, about 2 - 4 minutes. Turn the heat to medium, stir in the broth a little at a time, and then add the salt and brown sugar. Simmer until the mixture coats the back of a spoon.

The Steak:

Ingredients

4 6 - 8 ounce tenderloin steaks

Salt and pepper

Four corn tortillas

Cooking spray

1 tablespoon olive oil

2 cup grated or 4 thin slices of provolone cheese

1/3 cup grated cotija cheese

1. Season the steaks and cook the tortillas. Salt and pepper the steaks to taste and reserve them. Heat a skillet over medium heat. Spray both sides of each tortilla with oil, place them in the pan and cook on both sides until they just begin to become firm, about 30 - 45 seconds. Remove the tortillas and place one on each of four serving plates.

2. Cook the steaks. Turn the heat to medium high, add the olive oil and sear the steaks on one side. Turn the steaks and sear them on the other side, and then continue cooking until they are done as you like them, lowering the heat as necessary. They should be brown and crusty on both sides but not burned.

3. Finish the dish. When the steaks are done, put them on top of the seared corn tortillas. While the skillet is still hot pour the sauce into it and stir to incorporate any brown bits and juices from the meat. Divide the provolone cheese and place equal portions on top of each steak. Spoon the simmering sauce over the steaks and sprinkle with some of the cotija cheese.

Serves 4