

## MENU

# Beef Tenderloin

SERVES 8–10

*Mushroom–Blue Cheese Spread*  
*Crudité Platter*  
*Beef Tenderloin*  
*Cheesy Scalloped Potatoes*  
*Seasoned Brussels Sprouts*  
*Sour Cream Muffins*  
*Irwin’s Super Brownies*  
*Almond Macaroons*

## GAMEPLAN

### Monday

- Shop for non-perishables

### Tuesday – Friday

- Prepare Irwin’s Super Brownies

### Wednesday

- Shop for perishables

### Thursday – Friday

- Prepare Mushroom–Blue Cheese Spread
- Prepare Scalloped Potatoes

### Friday

- Prep Beef Tenderloin

### Saturday

*Early in the day . . .*

- Prep Crudités
- Prep Brussels Sprouts
- Prepare Sour Cream Muffins
- Prepare Almond Macaroons

*6:00*

- Get dressed – enjoy dressing drink!

*6:45*

- Take Beef Tenderloin and Scalloped Potatoes out of refrigerator
- Prepare Crudité Platter
- Warm Mushroom–Blue Cheese Spread, 325° for 15 min
- Enjoy a quiet moment

*7:30*

- Grill Beef Tenderloin, 30–40 min, or roast in oven\*, 450° for 30–40 min
- Bake Scalloped Potatoes, 425° for 25–30 min

*8:00 – 8:15*

- Prepare Brussels Sprouts
- Warm Sour Cream Muffins

*8:15 – 8:30*

- Serve and enjoy!

*\*If roasting Beef Tenderloin in oven, you will need a second oven for potatoes.*

*You may roast Beef Tenderloin earlier in the day or prior to guests arriving. Serve at room temperature.*

# Beef Tenderloin Dinner

## SHOPPING LIST

### Produce

- Mushrooms, 1 lb sliced
- Garlic, 2 cloves
- Italian parsley, 2 tbsp chopped
- Crudités: celery, carrots, etc.
- Potatoes, 3 lbs russet or Yukon Gold
- Brussels sprouts, 2 lbs

### Meat

- 1 4–5-lb beef tenderloin, trimmed and tied

### Baking, Spices, Nuts

- Nutmeg
- McCormick Montreal Steak Seasoning\*
- Bay leaves, 4
- McCormick Mediterranean Spiced Sea Salt
- Self-rising flour, 2 cups
- German chocolate cake mix, 1 18.25-oz box
- Evaporated milk,  $\frac{2}{3}$  cup
- Caramels, 1 14-oz pkg
- Chocolate chips, 6 oz
- Chopped pecans, 1 cup, optional
- Almond paste, 14 oz
- Sliced almonds,  $\frac{1}{4}$  cup
- Confectioners' sugar,  $\frac{1}{4}$  cup

### Packaged

- Crackers for Blue Cheese Spread, Melba Rounds
- Pickled vegetables for crudité platter: asparagus, okra, etc.

### Dairy

- Cream cheese, 8 oz
- Cream cheese w/chives, 3 oz
- Blue cheese, 2 oz
- Mozzarella,  $1\frac{1}{2}$  cups shredded, ~6 oz
- Gruyère,  $1\frac{1}{2}$  cups shredded, ~6 oz
- Milk, 1 cup
- Half and half, 1 cup
- Heavy cream,  $\frac{1}{2}$  cup
- Parmesan,  $\frac{1}{2}$  cup shredded, ~2 oz
- Sour cream, 8 oz
- Eggs, 2

### Deli

- Spreads for crudité platter: hummus, pimento cheese, etc.

### Alcohol

- Dry white wine,  $\frac{1}{3}$  cup

### On Hand . . .

- Salt
- Pepper
- Coarse Salt
- Butter, 4 sticks + 1 tbsp
- Dijon mustard, 1 tbsp
- Olive oil, ~ $\frac{1}{4}$  cup
- Flour, 3 tbsp
- Sugar,  $1\frac{3}{4}$  cups

*\*Suggested seasoning for Beef Tenderloin; you may substitute.*

# MUSHROOM-BLUE CHEESE SPREAD

SERVES 8-10 Adapted from *Stirring Performances*, Junior League of Winston-Salem

Over low heat, sauté mushrooms and garlic in butter until browned. Add nutmeg, pepper, mustard, and white wine.

Add both cream cheeses, stirring until blended over low heat. Add blue cheese. Mix.

Transfer to serving dish. Garnish with parsley and serve warm with sturdy cracker such as Melba Rounds.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1-2 days in advance. Transfer to an oven-safe serving dish so that you can reheat prior to serving in a low oven or warming drawer.
- For a large cocktail party, increase and serve in a chafing dish to keep warm.
- Increases well.

## INGREDIENTS

4 tbsp butter  
1 lb mushrooms, sliced  
1 clove garlic, minced  
Nutmeg to taste  
Pepper to taste  
1 tbsp Dijon mustard  
½ cup dry white wine  
8 oz cream cheese  
3 oz cream cheese with chives  
2 oz blue cheese  
2 tbsp chopped Italian parsley



# BEEF TENDERLOIN

SERVES 8–10

Pat tenderloin dry with paper towel. Rub tenderloin with olive oil and seasoning. Bring tenderloin to room temperature, approx 30 min.

To grill, heat grill to medium-high heat. Sear tenderloin, approx 5 min each side.

Transfer to lower or indirect heat and grill until meat is approx 125° for rare to 130° for medium-rare, approx 20–30 min.

To cook in oven, preheat oven to 450°. Cook for about 30 min, until meat is approx 125° for rare to 130° for medium rare, approx 20–30 min.

With each method of cooking, check the meat thermometer after 20 min. Meat will continue cooking after removed from heat. Remove from grill or oven, cover loosely, and let sit 10–15 min before carving.

## DEEDEE'S NOTES:

- Beef Tenderloin may be prepped earlier in the day or 1 day in advance. Cover and chill. Bring to room temperature prior to cooking, approx 30 min.
- Beef Tenderloin may be roasted earlier in the day or prior to guests arriving. Serve at room temperature.
- Seasonings may include whatever you prefer. You may want to keep it simple with just salt and pepper. Our friends Mac and Bucky at Reid's Fine Foods in Charlotte prepare beef tenderloin with Reid's Steak Seasoning, a rub similar to McCormick Montreal Steak Seasoning. The idea is to simply cover the tenderloin with a layer of seasoning.
- If seasoning with just salt and pepper, you may want to add a seasoned butter; see *Basics*.

## INGREDIENTS

*4–5-lb beef tenderloin,  
trimmed and tied*

*Olive oil*

*McCormick Montreal Steak  
Seasoning*

# CHEESY SCALLOPED POTATOES

SERVES 8–10

Combine mozzarella and gruyère cheeses.

In a pot of boiling water, blanch potatoes for 3 min. Drain. Spread on paper towel, cover with a paper towel, and let dry.

In a medium to large pan, melt 3 tbsp butter over low heat. Add flour. Whisk continuously until blended well, approx 1 min. Slowly add milk, half and half, and heavy cream, whisking constantly. Increase heat to medium-high, and when mixture is almost to a boil, reduce heat to low and simmer until mixture thickens, whisking almost constantly.

Butter a casserole (approx 9x13) or a shallow Le Creuset and rub with garlic.

Add half of the potatoes in overlapping rows. Sprinkle with  $\frac{1}{4}$  tsp salt,  $\frac{1}{4}$  tsp pepper, half the cut-up butter, half the cheese blend, and 2 bay leaves. Add the remaining potatoes. Sprinkle with remaining salt and pepper.

Add white sauce. Top with remaining cut-up butter and bay leaves. Top with remaining cheese mixture, followed by Parmesan. Bake at 425° for 25–30 min, until lightly browned. Let rest 5 min before serving.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1–2 days in advance. Cover and chill. Bring to room temperature before baking.
- A mandoline slicer makes easy work of slicing the potatoes.
- Increases well.

## INGREDIENTS

*1½ cups shredded mozzarella,  
6 oz*

*1½ cups shredded gruyère, 6 oz*

*3 lbs russet or Yukon Gold  
potatoes, peeled and sliced  
⅛-in thick*

*3 tbsp butter*

*3 tbsp flour*

*1 cup milk*

*1 cup half and half*

*½ cup heavy cream*

*1 clove garlic, peeled and  
halved*

*4 bay leaves*

*½ tsp salt*

*½ tsp pepper*

*2 tbsp butter, cut into pieces*

*½ cup shredded Parmesan, 2 oz*

# SEASONED BRUSSELS SPROUTS

SERVES 8-10

Trim Brussels sprouts. Halve or quarter if large.

In a large pan, sauté Brussels sprouts with Mediterranean Spiced Sea Salt in olive oil over high heat for approx 5 min, stirring often. Start with ½ tsp seasoned salt and ½ tsp pepper and adjust seasonings to taste. Lower heat and cook until tender, approx 5 min.

## INGREDIENTS

*2 lbs Brussels sprouts*

*2 tbsp olive oil*

*McCormick Mediterranean  
Spiced Sea Salt*

*Pepper*

## DEEDEE'S NOTES:

- Brussels sprouts may be prepped earlier in the day and cooked prior to guests arriving or immediately before serving. If you prepare prior to guests arriving, undercook a bit, leave in the pan uncovered, and warm to finish prior to serving.
- Increases well.



# SOUR CREAM MUFFINS

YIELDS 24     Adapted from *In Order to Serve*, Christ Episcopal Church

Combine all ingredients. Spoon into small ungreased muffin tins.  
Bake at 350° for 30 min.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day. Cool and wrap in aluminum foil.
- Warm in warming drawer or low oven before serving.

## INGREDIENTS

*2 cups self-rising flour*  
*¾ cup butter, melted*  
*8 oz sour cream*



# IRWIN'S SUPER BROWNIES

YIELDS 24     Adapted from *In Order to Serve*, Christ Episcopal Church

Combine cake mix with butter and  $\frac{1}{3}$  cup milk. Spread half of batter into greased 9x13 baking dish. Bake at 350° for 6 min.

Melt caramels in top of double boiler with remaining  $\frac{1}{3}$  cup milk. Set aside.

Cover baked mixture with chocolate chips. Sprinkle pecans on top, optional. Drizzle with caramel. Dot with remaining cake batter. It will be sticky. Bake 15–18 min.

Cool, then freeze approx 30 min. Cut into bars.

## INGREDIENTS

1 18.25-oz box German chocolate cake mix  
 $\frac{3}{4}$  cup butter, softened  
 $\frac{2}{3}$  cup evaporated milk, divided  
1 14-oz pkg caramels  
1 6-oz pkg chocolate chips  
1 cup chopped pecans, optional

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day and is better prepared 2–3 days ahead. Cover and chill. Cut into bars and bring to room temperature to serve.
- I melt the caramels in the microwave – slowly, stirring at 1-minute intervals.
- Increases well. Freezes well.





# ALMOND MACAROONS

YIELDS 24

In a mixer with a paddle, mix sugar, almond paste, and salt until smooth, approx 3 min.

Add egg whites gradually and mix until incorporated, approx 1 min more.

Spoon onto sheet pan lined with parchment paper about 2 in apart. Place two almond slices in the center of each.

Bake at 325° for approx 15 min or until light golden brown. Cool and dust with confectioners' sugar.

## INGREDIENTS

*1¾ cups sugar*

*14 oz almond paste*

*pinch of coarse salt*

*¼ cup egg whites*

*¼ cup sliced almonds*

*¼ cup confectioners' sugar*

## DEEDEE'S NOTES:

- Macaroons may be prepared earlier in the day or the day before. They will remain chewy. If you make them further in advance, they will be more crispy than chewy.



*My very favorite macaroons are served at the Linville Golf Club. Their recipe forms the foundation of this favorite that you can make and enjoy at home!*