



Quick Beef Saute Finished with Sherry and Aromas Vanilla EVOO

Serves 6



Ingredients:

2 pounds beef tenderloin cut into thin strips, with fat and filament removed
8 oz mushrooms, peeled and sliced thinly
1 small onion, cut thinly
4 garlic cloves thinly sliced or chopped
Several large leaves of swiss chard, thinly chopped
1/3 cup Oloroso Spanish sherry
Extra virgin olive oil for sauteeing
Aromas Vanilla Extra Virgin Olive Oil

Marinade (enough to cover the meat):

2 Tablespoons low-sodium soy sauce
2 Tablespoons Worcestershire Sauce
1 Tablespoon Green Salsa (Heinz) - optional
1 Teaspoon Tabasco Sauce

Instructions:

1. Mix marinade ingredients with beef strips in a glass or stainless steel bowl and let sit covered for 30 minutes.
2. Warm a 10-inch frying pan over medium heat until water when dropped onto it forms a ball and rolls *see below
3. Immediately add enough of the extra virgin olive oil to cover the surface of the pan generously and add the onions...saute for a few minutes until transparent, stirring with a spatula or wooden spoon... then add the sliced mushrooms and continue sauteeing for about 4 or 5 minutes until all the liquid has been released from the mushrooms and they start browning.
4. Remove onions and mushrooms from the pan and place in a bowl.
5. Add another tablespoon of oil to the pan, and add the garlic as well as the sliced beef ... saute stirring occasionally to ensure even cooking.
6. When meat juices have evaporated, add the chopped swiss chard and the Oloroso sherry, cover and simmer for about 10 minutes.
7. Remove from heat, and just before serving stir in 2 tablespoons of Aromas vanilla EVOO.

See quick video on testing for temperature of pan: <http://reluctantgourmet.com/cooking-techniques/saute/item/1155-how-hot-should-you-heat-your-pan-when-sauteing>