



BEEF TENDERLOIN WITH HORSERADISH AIOLI

Ingredients:

2 tbsp (25 mL) olive oil
1 tsp (5 mL) marjoram, crumbled
1 tsp (5 mL) oregano, crumbled
1 tsp (5 mL) freshly ground pepper
2 lb (1 kg) beef tenderloin roast
Horseradish Aioli ([click for recipe](#))

Method:

Combine oil, marjoram, oregano and pepper in a heavy zip-lock plastic bag. Add beef tenderloin and squeeze bag to coat beef with oil mixture. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for 8 - 24 hours. Remove tenderloin from oil mixture; discard oil mixture. Place tenderloin on a rack in a roasting pan. Roast at 400°F (200°C) for 35 - 40 minutes or until a meat thermometer registers 140°F (60°C). Let stand 5 minutes. Slice tenderloin and serve with Horseradish Aioli. Serves 6 - 8.



HERB ROASTED POTATOES

Lining the pan with parchment paper makes for easy cleanup!

Ingredients:

1/4 cup (50 mL) olive oil
2 tbsp (25 mL) fresh lemon juice
2 tsp (10 mL) garlic powder
1 tsp (5 mL) marjoram, crumbled
1 tsp (5 mL) oregano, crumbled
1 tsp (5 mL) rosemary, crumbled
1 tsp (5 mL) thyme, crumbled
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
8 cups (2 L) potato chunks

Method:

Combine all ingredients except potatoes in a plastic bag. Add potatoes and squeeze bag to coat potatoes with seasoning mixture. Place potatoes in a single layer in a parchment paper-lined large jelly-roll pan. Bake at 400°F (200°C), stirring occasionally, for 50 - 60 minutes or until potatoes are tender and browned. Serves 8.



EPICUREAN SALAD

Ingredients:

3 tbsp (40 mL) raspberry or red wine vinegar
1/2 tsp (2 mL) sugar
1/4 tsp (1 mL) Dijon mustard
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
3 tbsp (40 mL) olive oil
8 cups (2 L) torn mixed greens
1/2 cup (125 mL) crumbled blue cheese
1/2 cup (125 mL) dried cherries
1/3 cup (75 mL) salted roasted pepitas

Method:

To prepare dressing, whisk together vinegar, sugar, mustard, salt and pepper. Gradually whisk in oil. Combine greens, blue cheese, cherries and pepitas in a large bowl. Toss with dressing to coat. Serve immediately. Serves 8.

Cook's Note: Pepitas are pumpkin seeds with their white hulls removed. They are dark green in colour and found in specialty stores and the bulk foods section of grocery stores.



RASPBERRY AND WHITE CHOCOLATE MOUSSE TORTE

Ingredients:

2 cups (500 mL) chocolate wafer crumbs
1/2 cup (125 mL) butter, melted
1 pkg (425 g) frozen sweetened raspberries, thawed
1/2 cup (125 mL) sugar
1 1/2 tsp (7 mL) unflavoured gelatin
12 oz (448 g) white chocolate, finely chopped
1/3 cup (75 mL) raspberry or orange liqueur
2 cups (500 mL) whipping cream
3/4 cup (175 mL) icing sugar
1 tsp (5 mL) vanilla
Grated chocolate

Method:

To prepare crust, combine crumbs and melted butter. Press mixture onto bottom and partway up sides of a 9 inch (23 cm) springform pan. Freeze until ready to use. In a food processor, puree raspberries until smooth. Strain through a fine sieve to remove seeds; discard seeds. There should be about 1 2/3 cups (400 mL) raspberry puree. To prepare mousse, combine puree and sugar in a medium nonreactive saucepan. Sprinkle gelatin over mixture and let stand until gelatin softens, about 5 minutes. Cook over low heat, stirring frequently, until sugar and gelatin are dissolved. Add white chocolate, stirring constantly until white chocolate is melted. Do not boil. Remove from heat and stir in liqueur. Transfer mixture to a large bowl. Cover and refrigerate, stirring occasionally until mixture is thickened, but not set, about 2 hours. Using medium speed of an electric mixer, beat together whipping cream, icing sugar and vanilla until stiff. Fold into raspberry mixture until blended. Pour mousse into prepared crust. Cover and freeze until firm, about 6 hours. May be frozen for up to 3 weeks. Garnish with grated chocolate. Cut into wedges to serve. Serves 12.

