



THE ingles TABLE

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Beef Tornadoes



INSTRUCTIONS

- Grit cakes:
- Make a 12 portion batch of grits (just follow the directions on the box) and add 12 ounces of shredded Parmesan cheese, 4 tablespoons butter and 1 tablespoon of your favorite Cajun spice at the end! Then stir well, pour the mixture into a baking pan and cool overnight in the refrigerator. Use a round 3" cookie cutter. To cut grits into 3" round cakes. Should be about 1" thick.
- Now dip cake into egg whites to cover, roll cake in Italian breadcrumbs until fully coated and pan fry in oil over medium heat until golden brown. Set aside.

Beef Tenderloin:

- Season the filet and then add oil to a pan, cook on medium-high until done.
- Remove and set aside. Never cut any meat for at least 10 minutes after cooking!

Marsala cream sauce:

- In the same pan as filet, add butter and mushrooms and cook for 5 minutes on medium-high. Now turn up the heat and add wine and cook another 3-5 minutes, once wine reduces add heavy cream, mix well and serve like this. Grit cake on the bottom, then Steak, then mushrooms and sauce. Garnish with fresh rosemary and red pepper flakes.

SHOPPING LIST

- Grit cakes:
- 12 Cajun grit cakes
- 4 ounces egg whites
- 2 cups Italian breadcrumbs

Beef Tenderloin:

- 4-6 ounce Filet
- 1 teaspoon Blackened steak seasoning
- 2 tablespoons olive oil

Marsala cream sauce:

- 1 cup mushrooms (portobello, porcini, Wild mix....your choice)
- 1/2 stick of butter
- 1 cup Marsala wine
- Heavy cream