

Grilled Tenderloin Crostini with Pickled Onions and Horseradish Cream

Prep Time: 30 minutes

Cook Time: 25 minutes

Total Time: 55 minutes (+ 1 hour marinating time)

Serves or Makes: 64 crostini

Ingredients

Pickled Onions

1/2 cup (125 mL) cider vinegar

2 tbsp (30 mL) sugar

1 tsp (5 mL) salt

1 clove garlic, smashed

1/2 tsp (2 mL) black peppercorns

1 red onion, very thinly sliced (90 g)

Horseradish Cream

1 1/2 cups (375 mL) sour cream

1/2 cup (125 mL) grated fresh horseradish (13 g)

1/4 cup (60 mL) chopped dill (60 g)

1/4 cup (60 mL) olive oil

2 tbsp (30 mL) lemon juice

2 tbsp (30 mL) finely chopped chives (4 g)

1/4 tsp (1 mL) each salt and pepper

Assembly

8 Carve™ Premium Ontario Beef – Tenderloin Steaks (3.5 lb/1.6 kg)

1/4 cup (60 mL) canola oil

1 tsp (5 mL) each kosher salt and cracked black pepper (2 g each)

2 baguettes, cut into 64 slices (800 g)

1/4 cup (60 mL) olive oil

4 cups (1 L) baby arugula (120 g)

2 1/2 cups (625 mL) blue cheese, crumbled (10.6 oz/300 g)

Instructions

- Pickled Onions:** In small saucepan, combine vinegar, sugar, salt, garlic and peppercorns; bring to simmer. Add onion slices to 2-cup (500 mL) Mason jar. Pour simmering liquid over onions, ensuring onions are covered.
- Horseradish Cream:** In small bowl, stir together sour cream, horseradish, dill, olive oil, lemon juice, chives, salt and pepper. Refrigerate for at least 1 hour or for up to 3 days.
- Assembly:** Rub steaks all over with canola oil; season with salt and pepper. Grill over medium-high heat for about 2 minutes per side or until well-marked. Cook in 400°F oven for about 10 minutes or until internal temperature of 145° (63°) degrees. Let stand for 10 minutes.
- Meanwhile, brush both sides of each baguette slice with olive oil. Broil for about 1 minute per side or until golden brown. Spread 1/2 tbsp. (7 mL) Horseradish Cream over each slice and top with 1 tbsp (15 mL) arugula. Thinly slice steak and arrange over top; sprinkle with 2 tsp (10 mL) blue cheese and pickled onion slice. Serve immediately.

Tips

- Use any variety of blue cheese, such as Stilton, Danish, Roquefort or Gorgonzola.
- Offer this recipe as a sandwich option on an upscale lunch menu.

Nutrition Facts

Per 2 crostini

Calories	240
Fat	12 g
Saturated Fat	4.5 g
Trans Fat	0.1 g
Cholesterol	35 mg
Sodium	460 mg
Carbohydrate	16 g
Fibre	1 g
Sugars	2 g
Protein	15 g

