
Pacific Rim Beef Tenderloin Salad

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

1 1/2 pounds beef tenderloin, sliced thin and grilled rare
2 cups bok choy, chopped
1 cup red leaf lettuce, chopped
2 cups romaine lettuce, chopped
2 red peppers, julienned
1 pound bean sprouts
1 pound shiitake mushroom, sliced
1 can sliced water chestnuts
1 red onion, julienned
1 glove garlic, minced
4 ounces teriyaki sauce
4 ounces sesame oil
4 ounces canola oil
2 tablespoons sherry
1 Tablespoon Freshly Cracked Black pepper
1 ounce toasted sesame seeds
1 ounce toasted black sesame seeds

Salt & pepper tenderloin cut in 3 ounce pieces. Grill on a very hot grill, 30 seconds per side. Refrigerate until well chilled.

Prepare the vegetables. Prepare the dressing by combining garlic, teriyaki sauce, sesame oil, canola oil and sherry. Let sit at room temperature for 1 hour.

Slice the grilled filets in thin strips. Combine all dry ingredients in large bowl. Sprinkle with sesame seeds. Add beef and dressing, mix thoroughly. Grind fresh cracked pepper liberally on entire salad. Serve immediately.

Beef/Veal Entrees