



Sichuan-Glazed Beef & **Umami Mushrooms**

BY CHEF GREGORY GOURDET

SERVES 4

INGREDIENTS →

- 1 Sichuan-Glazed Beef & Umami Mushrooms Seasoning Card:
- 1 tsp (2 pods) Sichuan Pepper
 - 1 tsp (2 pods) Tien Tsin Chile
 - ½ tsp (1 pod) Fennel Powder
 - ½ tsp (1 pod) Star Anise Powder
 - 1 tsp (2 pods) Arrowroot Powder

FRESH

- 1 4-inch piece ginger
- 12 medium garlic cloves
- 1½ lbs mixed mushrooms, like shiitake, trumpet, and crimini
- 2 cups cherry tomatoes (about 10oz)
- 1 bunch scallions
- 1¼ lbs beef tenderloin, cut into 4 fillets (each fillet should be about 5oz, 1½ inches thick)

PANTRY

- ½ cup tamari
- ¼ cup honey
- ¼ cup rice wine vinegar
- 4 tsp Diamond Crystal kosher salt, divided

SUBSTITUTIONS →

RICE WINE VINEGAR:

Although rice wine vinegar is a staple in many Asian-inspired dishes, bringing a slightly sweeter and milder tang, it can't always be found in the grocery store – in this case, red or white wine vinegar works

TAMARI: Soy sauce

SERVE WITH →

- Optional garnish: fresh cilantro

INSTRUCTIONS

- 1. MAKE THE GLAZE:** Peel the ginger and thinly slice. Peel the garlic cloves. Combine the sliced ginger, garlic cloves, tamari, honey, rice wine vinegar and add all spice pods – 2 Sichuan Pepper pods, 2 Tien Tsin Chile pods, 1 Fennel Powder pod, 1 Star Anise pod, and 2 Arrowroot Powder pods – in a blender and blend until smooth. Transfer the blended mixture to a small pot over high heat and whisk as it comes to a boil. Once it's boiled for just a few seconds, immediately remove from heat and transfer to a small bowl. Set aside.
- 2. ASSEMBLE THE SHEET:** Arrange an oven rack in the top rack position and preheat the oven to 450°F. Line a sheet tray with parchment paper, making sure it is trimmed to just fit flat in the bottom of the pan (we are going to broil the beef later and don't want to burn the parchment, which will happen if the parchment doesn't lay perfectly flat against the sheet tray). Cut the mushrooms into 1½-inch pieces. Slice the cherry tomatoes in half. Cut the bunch of scallions (white parts included) into 2-inch pieces. Scatter the mushrooms, tomatoes, and scallions on the sheet tray and arrange in an even layer. Sprinkle the veggies with 1 tsp salt. Season the beef fillets on all sides with the remaining 3 tsp salt and place the beef on top of the veggie layer.
- 3. ROAST THE SHEET:** Place the tray in the oven and roast for 7-8 minutes. The beef will still be rare and very pink inside; we will broil the fillets next so do not overcook at this stage. Pull the tray from the oven and switch the oven to broil. Using a brush or spoon, generously brush each fillet on the top and sides with the prepared glaze. Drizzle the remaining glaze all over the vegetables.
- 4. BROIL THE SHEET:** Return the tray to the oven for 3-4 minutes more, broiling it until the beef is shiny and sticky and medium rare, or cook to your liking. For medium rare, use a thermometer to check the temperature – the center of the fillet should read 120-123°F. Alternatively, if you poke the fillet with your finger it should have a little bounce.
- 5. PLATE:** Let the beef rest for at least 10 minutes, as it will keep cooking a few minutes from internal heat. Divide the fillets and veggies among 4 plates, garnish with cilantro, and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*