



COOKING DEMOS

WITH CHEF MARK RIGANO

Thursday, April 30 @ 11 AM

PAN-SEARED FILET OF BEEF

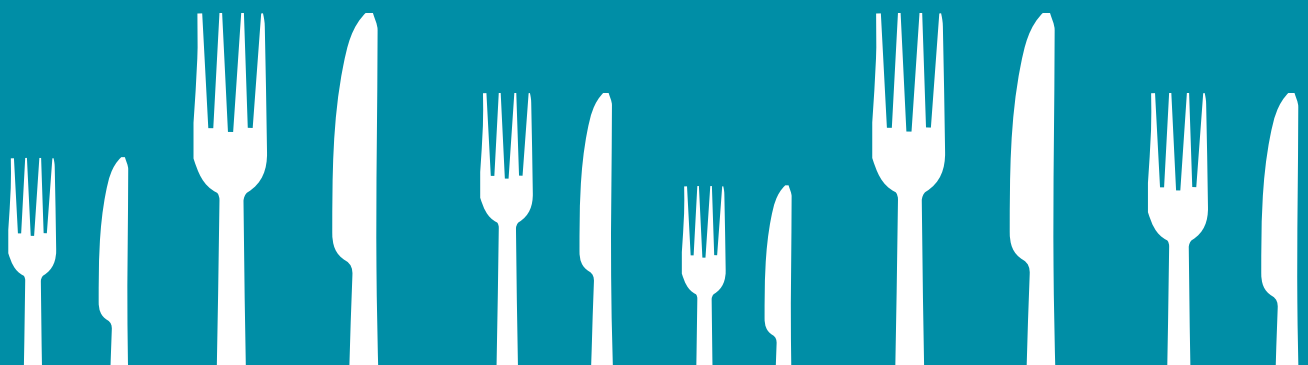
Ingredients:

Filet Mignon (6-8oz)	2 each
Kosher Salt and Black Pepper	To Taste
Clarified Butter or Olive Oil	As Needed

Method:

Heat sauté pan on high heat, add oil or butter. Should be hot enough so the fat is lightly smoking. Sear until golden brown on both sides.

Preheat oven to 425 degrees. Place filet on pan or preferably a roasting rack and cook to an internal temperature of 105 degrees for medium rare. Let rest for 5-10 minutes. Then serve.





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CHIMICHURRI SAUCE

Ingredients:

Italian Parsley Leaves	1 cup (packed)
Cilantro Leaves	1/4 cup (packed)
Garlic Cloves	2 each
Red Wine Vinegar	1/4 cup
Crushed Red Pepper	3/4 teaspoon
Ground Cumin	1/2 teaspoon
EV Olive Oil	1/2 cup
Kosher Salt	To Taste

Method:

Place first 6 ingredients in a blender (Vitamix), puree until smooth. Add olive oil slowly, season to taste with kosher salt.

