

Spicy Beef Tenderloin with Cranberry Ginger Mango Chutney

Cooking Class with Phillis Carey, Nov. 2019



- 2 tablespoons black peppercorns, scant (or a mix of black and green peppercorns)
 - 6 tablespoons dark brown sugar, packed
 - 2 tablespoons coarse salt
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 - 1 1/2 teaspoons ground ginger
 - 1 1/2 teaspoons ground allspice
 - 1 1/2 teaspoons ground nutmeg
 - 1 1/2 teaspoons ground coriander
 - 1 1/2 teaspoons ground cardamom
 - 3/4 teaspoon ground cloves
 - 4 garlic cloves, coarsely crushed into slivers
 - 5 pounds beef tenderloin, tied as a roast
 - 2 tablespoons vegetable oil, divided or EVOO
- CHUTNEY:**
- 12 ounces fresh cranberries, about 3 cups
 - 1 cup fresh orange juice
 - 1 cup sugar
 - 1 cup dried mango, chopped
 - 1 tablespoon fresh ginger, minced
- Yield: Yields**

Per Serving (excluding unknown items): 747 Calories; 46g Fat (56.0% calories from fat); 35g Protein; 47g Carbohydrate; 2g Dietary Fiber; 134mg Cholesterol; 1350mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 6 1/2 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 12

1. Grind peppercorns in an electric spice grinder (or clean coffee grinder) to a medium grind. In a small bowl, combine pepper, brown sugar, salt, ginger, allspice, nutmeg, coriander, cardamom, and cloves; whisk to combine. Rub meat sparingly with crushed garlic slivers, then rub all over with spice mixture.
2. Cut tenderloin crosswise in half. Wrap each half very tightly with several layers of plastic wrap (so that it looks swaddled), put in a rimmed pan, and refrigerate 4 days.
3. Preheat oven to 400°. Heat 1 tbsp. oil in a large frying pan (not nonstick) over high heat. Add 1 piece of meat and sear until well browned on all sides, 7 to 10 minutes. Transfer to a rimmed baking pan and repeat with remaining oil and beef. Transfer baking pan to oven and cook meat until an instant-read thermometer inserted in thickest part registers 130°, 20 to 30 minutes. (Halves may not cook at the same rate; after meat has been in the oven 20 minutes, begin taking temperature of both pieces of meat every 1-2 minutes.) Transfer to a carving board, tent with foil, and let rest 15 minutes. Remove kitchen twine.
4. Cut meat into very thin slices (less than 1/4 in., if possible) and serve warm or at room temperature, with crusty rolls and chutney.