

# NEWLYWEDS'



NIGHT



# SUMMER SIRLOIN WITH ONION SOUBISE

Every season brings fresh ideas and this summer dish, created by Chowgirls Executive Chef Elizabeth Mullen, is perfect for high grill season. Sides of roasted vegetables and horseradish mashed potatoes will carry this dish from spring to summer with a fresh spicy twist.

BY CHOWGIRLS KILLER CATERING

## SIRLOIN

### INGREDIENTS

- 1 pound top sirloin
- ½ bunch parsley
- 2 oz olive oil
- 2 tablespoon salt

### DIRECTIONS

1. Grind parsley with olive oil until a paste forms and coat meat with herb mixture.
2. Salt meat and place on grill until inside temperature reaches 120 degrees.
3. Make sure to rest your meat before slicing.

## HORSERADISH

### MASHED POTATOES

### INGREDIENTS

- 2 pounds organic russet potatoes
- 5 oz Half & Half
- 6 oz salted butter
- 5 tablespoon salt
- Juice of half of a lemon
- 1 tablespoon grated horseradish

### DIRECTIONS

1. Peel potatoes and boil in salted water until cooked through. Drain.
2. Heat Half & Half with butter until warm/melted.
3. Put hot potatoes through ricer (medium plate).
4. In mixing bowl, combine riced potatoes, cream mixture, salt, and lemon juice.
5. Use whisk attachment to beat until very smooth, being sure to stop and scrape the bottom of the bowl a few times.
6. Taste and adjust seasoning, if needed.

## GRILLED ONION SOUBISE

### INGREDIENTS

- ⅓ cup all purpose flour
- 2 cups Half & Half
- 1 small yellow onion
- 1 teaspoon salt
- 2 oz butter

### DIRECTIONS

1. Heat a medium saucepan and add the butter.
2. Introduce the flour to the butter, one spoon at a time.
3. When all the flour is blended with the butter (roux), set it aside to cool a little.
4. Add the warm milk to the flour slowly.
5. Once all the milk has been added, the Béchamel sauce is ready. If it coats the back of a spoon, it's ready.
6. Halve the onion and brush with olive oil.
7. Put the onion on the grill until blackened.
8. Use the inner onion petals for plating, use the outer petals and blend with Béchamel in blender.

## ROAST CARROTS

### OR OTHER VEGETABLE

### INGREDIENTS

- 6 oz carrots
- 4 oz pea pods
- 1 oz olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Toss veggies in olive oil, salt, and pepper.
3. Cook carrots and other vegetable separately so they can each cook until tender and not overcook, 7-20 minutes depending on vegetables and size.