

health-score 70%
HEALTH SCORE

Beef Tenderloin Milanese with Spinach and Cucumber Salads

Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

1609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 gram active yeast dry
- ☐ 2 pounds beef tenderloin trimmed
- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings sunday bread for serving, see recipe
- ☐ 2 cups bread crumbs
- ☐ 2 tablespoons butter
- ☐ 24 ounces hawk triple creme cheese red

- ☐ 1 cup cup heavy whipping cream
- ☐ 1 cup cucumber sliced thin
- ☐ 1 eggs
- ☐ 5 eggs
- ☐ 2 cups flour all-purpose
- ☐ 5 cups flour all-purpose
- ☐ 5 cloves garlic sliced
- ☐ 1 cup grape tomatoes halved
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 8 servings kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onions sliced
- ☐ 2 cups parmesan cheese grated for topping the gratin set aside
- ☐ 8 servings hawk potato gratin red for serving, see recipe
- ☐ 1 onion red sliced thin
- ☐ 1.5 tablespoons salt
- ☐ 5 cups pkt spinach
- ☐ 2 tablespoons butter unsalted softened
- ☐ 3 cups warm water
- ☐ 2 pounds yukon gold potatoes unpeeled sliced

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ stand mixer
- ☐ kitchen scissors
- ☐ meat tenderizer

Directions

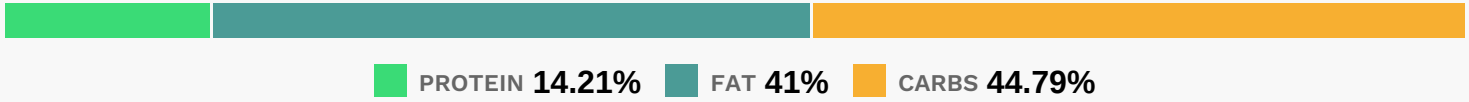
- ☐ Slice the beef tenderloin thinly and pound each slice with a meat mallet. Season the beef slices with salt and pepper.
- ☐ Beat the eggs and pour them into a shallow bowl or baking dish.
- ☐ Put the flour in another shallow dish. Stir the breadcrumbs and Italian seasoning together in a third shallow dish.
- ☐ Dip a beef slice in the flour and shake off the excess flour. Then dip in the eggs, then in the bread crumbs and place on a plate. Repeat with all the beef slices.
- ☐ In a large skillet, melt 2 tablespoons of butter and 3 tablespoons olive oil over medium-high heat. When the butter is melted and bubbling, add a few beef slices to the pan and cook until golden brown on each side, about 1 minute per side.
- ☐ Drain the beef slices on paper towels to drain the excess oil. Repeat with all of the beef slices.
- ☐ To make the salad: In a bowl, combine the cucumber and onion together.
- ☐ Add 1 teaspoon salt and the lemon and lime juices. Toss to coat and let sit for 5 minutes.
- ☐ In another bowl, combine the spinach and tomatoes and season with salt and pepper.
- ☐ Add olive oil and toss to coat.

- ☐ Lay the beef slices on a platter and top with the spinach and tomatoes and then with the cucumber salad.
- ☐ Serve with Red Hawk Potato Gratin and Sunday Bread.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Coat a 9 by 13-inch baking dish with softened butter.
- ☐ In a large, deep skillet, heat the olive oil over medium heat and saute the onions and garlic for 5 minutes. Stir in the cream and cook for 1 minute.
- ☐ Pour a small amount of the onion-cream mixture on the bottom of the buttered baking dish. Crumble 6-ounces of cheese over the bottom.
- ☐ Layer the potatoes, overlapping them a bit, on top of the cream and cheese. Season with salt, and pepper, to taste.
- ☐ Pour more onion-cream mixture on top of potatoes and sprinkle with a handful of grated Parmesan. Top with 6-ounces more of Red Hawk cheese. Repeat this step until all the potatoes and onion-cream has been used up.
- ☐ Sprinkle the top of the gratin with the reserved Parmesan cheese. Cover the gratin with aluminum foil and bake for 1 hour.
- ☐ Remove the foil then bake for 30 to 45 minutes more, or until the cheese on top is golden brown and the gratin is bubbling.
- ☐ In a bowl, stir together the water and yeast.
- ☐ Let sit for 5 minutes.
- ☐ In a stand mixer, with a paddle attachment, mix the flour and salt.
- ☐ Pour the yeast into the flour and add the honey.
- ☐ Mix slowly until the mixture is just incorporated and the dough is formed.
- ☐ Remove the dough from the mixer and knead by hand on a lightly-floured surface. Knead for 1 minute.
- ☐ Place the dough in a bowl and cover with plastic wrap.
- ☐ Let sit for 30 minutes.
- ☐ Turn the dough out onto a lightly-floured surface and roll into a loaf shape. With kitchen scissors, or a sharp paring knife, cut 6 notches into the dough at a 45-degree angle. Take one piece of dough and pull it left, the next piece of dough, pull right. Repeat with all pieces until you have a shape that resembles leaves on a branch.

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- Transfer to a baking sheet and let rest for 20 minutes.

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Nutrition Facts



Properties

Glycemic Index:92.93, Glycemic Load:105.26, Inflammation Score:-10, Nutrition Score:64.153478539508%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg

Nutrients (% of daily need)

Calories: 1608.78kcal (80.44%), Fat: 73.56g (113.17%), Saturated Fat: 34.4g (215.01%), Carbohydrates: 180.85g (60.28%), Net Carbohydrates: 167.52g (60.92%), Sugar: 13.85g (15.39%), Cholesterol: 278.23mg (92.74%), Sodium: 2945.14mg (128.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.35g (114.7%), Selenium: 97.48µg (139.26%), Vitamin K: 122.32µg (116.49%), Vitamin B1: 1.64mg (109.65%), Manganese: 2.15mg (107.38%), Calcium: 1055.09mg (105.51%), Phosphorus: 1020.65mg (102.07%), Folate: 405.08µg (101.27%), Vitamin B2: 1.57mg (92.64%), Vitamin C: 68.84mg (83.44%), Vitamin A: 3817.46IU (76.35%), Vitamin B3: 13.44mg (67.21%), Iron: 11.62mg (64.55%), Vitamin B6: 1.19mg (59.63%), Fiber: 13.33g (53.32%), Potassium: 1780.12mg (50.86%), Zinc: 7.3mg (48.65%), Magnesium: 174.61mg (43.65%), Copper: 0.72mg (35.94%), Vitamin E: 4.45mg (29.65%), Vitamin B5: 2.94mg (29.36%), Vitamin B12: 1.69µg (28.12%), Vitamin D: 1.82µg (12.16%)