



Beef Tenderloin Skewers with Cranberry Port Peppercorn Relish & Gorgonzola

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound beef tenderloin
- ☐ 0.8 cup cranberries dried
- ☐ 6 ounce gorgonzola cheese crumbled
- ☐ 4 servings kosher salt and pepper black as needed
- ☐ 2 tablespoon olive oil
- ☐ 1 tablespoon peppercorns mixed dried
- ☐ 1.5 cup ruby port

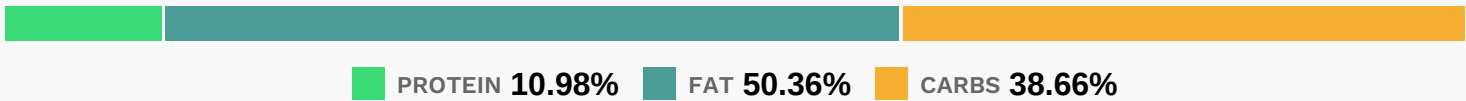
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ skewers

Directions

- ☐ Generously salt the meat on all sides. Wrap tightly in plastic wrap and set it in the refrigerator 2 to 4 days to season. When ready to cook bring the meat to room temperature before continuing. Meanwhile, soak the dried cranberries in the port for about 1 hour to rehydrate. Then bring the mixture to a boil. Lower the temperature to simmer and add the assorted dried peppercorns. Cook about 20 minutes until about half of the liquid is absorbed.
- ☐ Remove from heat and let cool somewhat.
- ☐ Add the cranberry mixture to a blender and pulse until a chunky purée is achieved. You may need to adjust consistency with a bit of water. Set aside. Preheat oven to 400 degrees F.
- ☐ Heat the oil in a cast iron skillet until almost smoking.
- ☐ Add the meat and brown it on all sides.
- ☐ Transfer the meat to the oven and roast about 15 minutes until an interior temperature of 125 degrees F. is achieved for medium-rare.
- ☐ Remove the meat from the pan and let it rest about 7 minutes. Slice the meat into thin slices on the diagonal against the grain. Thread one slice onto a skewer, laying each skewer across a serving platter. Give them all a good grind of black pepper. Scoop the relish onto the plate in an attractive manner for dipping. Crumble the Gorgonzola across the whole platter.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:8.1034782319937%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg Delphinidin: 3.53mg, Delphinidin: 3.53mg, Delphinidin: 3.53mg, Delphinidin: 3.53mg Malvidin: 85.35mg, Malvidin: 85.35mg, Malvidin: 85.35mg, Malvidin: 85.35mg Peonidin: 3.54mg, Peonidin: 3.54mg, Peonidin: 3.54mg Catechin: 8.87mg, Catechin: 8.87mg, Catechin: 8.87mg, Catechin: 8.87mg Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg, Epicatechin: 6.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 432.27kcal (21.61%), Fat: 19.53g (30.05%), Saturated Fat: 8.97g (56.08%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.91g (11.6%), Sugar: 23.73g (26.37%), Cholesterol: 31.89mg (10.63%), Sodium: 692.7mg (30.12%), Alcohol: 13.77g (100%), Alcohol %: 5.2% (100%), Protein: 9.58g (19.16%), Manganese: 0.49mg (24.52%), Calcium: 245.04mg (24.5%), Phosphorus: 178.44mg (17.84%), Vitamin B2: 0.19mg (11.15%), Vitamin E: 1.62mg (10.78%), Vitamin K: 11.05µg (10.53%), Selenium: 6.88µg (9.82%), Vitamin B12: 0.52µg (8.65%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.25mg (8.31%), Fiber: 1.84g (7.35%), Vitamin A: 338.14IU (6.76%), Potassium: 236.13mg (6.75%), Magnesium: 23.07mg (5.77%), Copper: 0.11mg (5.26%), Vitamin B6: 0.09mg (4.33%), Iron: 0.72mg (4%), Folate: 15.73µg (3.93%), Vitamin B3: 0.78mg (3.89%), Vitamin B1: 0.03mg (2.28%), Vitamin D: 0.21µg (1.42%)