



Beef Tenderloin with Parmesan-Prosciutto Crisps

READY IN



120 min.

SERVINGS



40

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef demiglace
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup panko bread crumbs crushed
- ☐ 1 cup parmigiano-reggiano cheese freshly grated
- ☐ 40 servings pepper freshly ground
- ☐ 0.8 cup ruby port
- ☐ 0.5 pound pancetta thinly sliced
- ☐ 4 pounds beef tenderloin roast trimmed

- ☐ 1 tablespoon rosemary chopped
- ☐ 1.5 teaspoons sage chopped
- ☐ 40 servings salt
- ☐ 2 shallots minced
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 4 tablespoons butter unsalted

Equipment

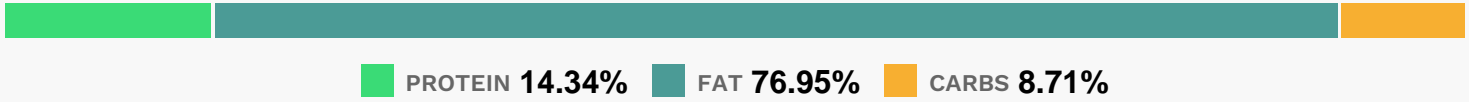
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Tear two 12-inch-long sheets of wax paper. On each sheet, arrange half of the prosciutto slices to form a 12-by-6-inch rectangle, overlapping the slices slightly.
- ☐ Transfer to 2 large, flat cookie sheets.
- ☐ In a bowl, combine the herbs with the panko, grated cheese and 3 tablespoons of the oil; season with salt and pepper. Pat the herbed crumbs evenly over the prosciutto.
- ☐ Place a sheet of plastic wrap on top of each rectangle and, using a rolling pin, press the crumbs onto the prosciutto. Freeze the prosciutto crusts for 10 minutes, until firm.
- ☐ Preheat the oven to 42
- ☐ Cut the meat into 2 even roasts and season with salt and pepper. In a large skillet, heat the remaining 1 tablespoon of oil.
- ☐ Add the roasts and cook over moderately high heat until lightly browned all over, about 6 minutes.

- ☐ Transfer to a baking sheet and let cool.
- ☐ Add 2 tablespoons of the butter to the skillet with the shallots and cook over moderate heat until they are softened, 3 minutes.
- ☐ Add the port and simmer over moderately low heat until syrupy, scraping up any browned bits, 6 minutes.
- ☐ Add the demiglace and simmer until slightly reduced, 5 minutes. Swirl in the remaining 2 tablespoons of butter.
- ☐ Invert the unbaked prosciutto crusts onto a work surface and gently peel off the wax paper.
- ☐ Place the crusts over the roasts, prosciutto side down. Discard the plastic wrap. Roast the meat for about 40 minutes, or until an instant-read thermometer inserted in the thickest part registers 130 for medium-rare.
- ☐ Let the roasts rest for 20 minutes.
- ☐ Meanwhile, remove the crusts from the roasts and place on a baking sheet, crumb side up. Press to flatten and bake for 6 to 7 minutes, just until golden and the prosciutto is crispy.
- ☐ Let cool, then break into shards. Rewarm the sauce.
- ☐ Cut the roast into slices and serve with the crisps and sauce.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:2.20869567472%

Flavonoids

Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 4.27mg, Malvidin: 4.27mg, Malvidin: 4.27mg, Malvidin: 4.27mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 81.47kcal (4.07%), Fat: 6.57g (10.1%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.52g (0.57%), Cholesterol: 12.45mg (4.15%), Sodium: 281.43mg (12.24%), Alcohol: 0.69g (100%), Alcohol %: 1.26% (100%), Protein: 2.75g (5.51%), Copper: 0.24mg (12.1%), Selenium: 2.79µg (3.99%), Phosphorus: 37.54mg (3.75%), Calcium: 35.84mg (3.58%), Vitamin B12: 0.18µg (3.06%), Vitamin B3: 0.54mg (2.7%), Zinc: 0.4mg (2.66%), Vitamin B6: 0.04mg (2.13%), Manganese: 0.04mg (2.11%), Vitamin B1: 0.03mg (1.91%), Vitamin E: 0.28mg (1.88%), Iron: 0.29mg (1.6%), Vitamin B2: 0.03mg (1.59%), Vitamin A: 67.08IU (1.34%), Vitamin K: 1.28µg (1.22%), Potassium: 42.08mg (1.2%), Magnesium: 4.45mg (1.11%)