Beef Tenderloin with Skordalia

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
105 min.	6	161 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1.8 pound beef tenderloin boneless
- [ ] 0.3 cup blanched almonds and whole
- [ ] 2 tablespoons marjoram fresh plus more for garnish coarsely chopped
- [ ] 2 teaspoons marjoram fresh chopped
- [ ] 1 tablespoon parsley fresh chopped
- [ ] 1 head garlic
- [ ] 6 cloves garlic thinly sliced
- [ ] 6 servings kosher salt

- [ ] 6 servings kosher salt and pepper freshly ground
- [ ] 0.5 cup olive oil extra-virgin
- [ ] 0.8 cup olive oil extra-virgin
- [ ] 1 medium baking potatoes
- [ ] 1.5 tablespoons citrus champagne vinegar

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] oven
- [ ] baking pan
- [ ] potato masher
- [ ] kitchen thermometer
- [ ] slotted spoon
- [ ] cutting board

Directions

- [ ] Mix the olive oil, sliced garlic and marjoram in a baking dish.
- [ ] Add the beef and turn to coat, then cover and marinate at room temperature, turning occasionally, 1 hour.
- [ ] Meanwhile, make the skordalia: Smash and peel the garlic cloves; warm in a small saucepan with the olive oil over low heat until soft, about 12 minutes. Meanwhile, peel the potato and cut into chunks. Cover with water in a saucepan, season with salt and simmer over medium heat until tender, about 12 minutes.
- [ ] Transfer the potato to a bowl with a slotted spoon, reserving the cooking water, and mash with a potato masher.
- [ ] Blend the almonds in a food processor until smooth.

- [ ] Add about half of the softened garlic, 1/2 cup of the garlic-flavored oil, 1/3 cup potato cooking water, the vinegar and 3/4 teaspoon salt; puree until smooth.
- [ ] Add the potato and pulse just until creamy.
- [ ] Transfer to a bowl and stir in the marjoram and parsley.
- [ ] Preheat the oven to 400 degrees F.
- [ ] Remove the beef from the marinade and scrape off any garlic (reserve the marinade).
- [ ] Heat a large ovenproof skillet over medium-high heat.
- [ ] Add 1 tablespoon of the marinade, then sear the beef until browned on all sides, about 8 minutes.
- [ ] Transfer the skillet to the oven and roast until a thermometer inserted into the center of the beef registers 125 degrees, about 15 minutes.
- [ ] Transfer to a cutting board and let rest 10 minutes.
- [ ] Slice the beef and serve with the skordalia. Top with the remaining garlic oil, softened garlic and more marjoram.
- [ ] Photograph by Con Poulos

Nutrition Facts

PROTEIN **6.65%** FAT **68.57%** CARBS **24.78%**

Properties

Glycemic Index:40.13, Glycemic Load:5.77, Inflammation Score:-4, Nutrition Score:6.3443478605022%

Flavonoids

Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 161.21kcal (8.06%), Fat: 12.72g (19.58%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 8.99g (3.27%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 393.22mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin K: 28.6µg (27.24%), Vitamin E: 2.97mg (19.77%), Manganese: 0.32mg (15.81%), Vitamin B6: 0.23mg (11.34%), Vitamin C: 6.25mg (7.58%), Magnesium: 29.54mg (7.38%), Copper: 0.13mg (6.68%), Potassium: 233.75mg (6.68%), Phosphorus: 65.75mg (6.58%), Fiber: 1.36g

(5.42%), Iron: 0.82mg (4.55%), Vitamin B2: 0.07mg (4.17%), Vitamin B1: 0.06mg (3.93%), Calcium: 37.32mg (3.73%), Vitamin B3: 0.68mg (3.41%), Zinc: 0.41mg (2.77%), Folate: 10.68µg (2.67%), Vitamin A: 116.66IU (2.33%), Selenium: 1.46µg (2.08%), Vitamin B5: 0.18mg (1.8%)