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Seared Beef Medallions

with a Spicy Peach and Ginger Sauce



PM BEEF



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with a Spicy Peach and Ginger Sauce

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron and zinc

Preparation time:

2-1/2 hours (30 minutes active preparation time;
2 hours for marinating)

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 4 oz. beef tenderloin medallions
- 4 tablespoons olive oil
- 1 cup chopped shallot
- 8 tablespoons sugar
- ¾ cup low-sodium soy sauce
- 1-½ cups red wine
- ¼ cup balsamic vinegar
- 2-½ tablespoons fresh ginger, peeled and grated
- 1-½ teaspoons ground cinnamon
- ½ teaspoon fresh ground black pepper
- 3 fresh peaches, peeled, pitted and chopped

Instructions:

1. In a medium saucepan, heat 2 tablespoons olive oil over low to medium heat.
2. Add shallots and sugar, sautéing until golden. Add red wine, soy sauce, balsamic vinegar, fresh ginger, cinnamon and black pepper; cook over low heat for 2 minutes. Reserve one cup of sauce for marinade.
3. Marinate beef in a covered glass dish in the refrigerator for at least 2 hours, turning occasionally.
4. Remove beef from marinade; wipe and pat medallions dry with paper towels. Rub medallions on all sides with olive oil; sprinkle with salt.
5. Heat remaining 2 tablespoons olive oil in a heavy skillet on medium-high heat until the oil starts to smoke. Add the beef medallions; cook 3 minutes on each side. Remove to platter and keep warm.
6. In a heavy medium saucepan, boil remaining sauce until reduced by half, about 5 minutes. Add peaches; stir until thoroughly heated. Pour sauce over beef medallions and serve immediately.

Nutrition information per serving: 235 calories; 28 g protein; 8 g carbohydrate; 9 g fat