

Beef Tenderloin “Sullo Spiedo” with Mushroom Panzanella

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2005 Volker Eisele Terzetto

2 lbs. cleaned beef tenderloin, cut into 1 inch chunks
1 red onion, cut into large chunks
Charcoal
2 lbs. cremini or button mushrooms, washed, dried, and quartered
vegetable oil
1 bunch fresh marjoram
1 bunch fresh basil
1 bunch fresh arugula
1 loaf crusty sourdough bread
2 shallots, peeled and very thinly sliced
3 Tbsp. balsamic vinegar
1 Tbsp. dijon mustard
1 pint very ripe cherry tomatoes

Soak 4 wooden skewers in cold water. Light a big hot fire with the charcoal in your grill. Skewer the beef, alternating with equivalently sized pieces of onion, until all the beef is distributed. Season the meat on all sides with salt and pepper.

In a hot sauté pan over a medium-high flame, heat enough vegetable oil to generously cover the bottom of the pan. In batches, sear the mushrooms, being careful not to crowd the pan, and drain on paper towels. Season them with salt and pepper while they are still very hot so that the salt will adhere. Keep uncovered in a warm spot.

Cut the bread into 1 inch slices and remove the crust. Brush with olive oil, season with salt and pepper, and grill hard once the coals are covered in white ash, turning once. Let cool, and cut into rough 1 inch chunks.

Pick the arugula and herbs and wash in a bowl of cold water. Spin dry or pat dry on paper towels. In a small bowl, combine the shallots, mustard, and vinegar. Let stand 5 minutes, then whisk in $\frac{3}{4}$ cups of olive oil. Season with salt.

Pour a little vegetable oil onto a paper towel, and use it to wipe clean the grill rods (hold it with a pair of tongs). Place the skewers on the grill and cook the meat, turning often, to medium rare or your desired temperature. Meanwhile, toss the bread, mushrooms, tomatoes, arugula and herbs together in a large mixing bowl. Season with the dressing and salt and pepper to taste. Distribute among 4 plates. Place a skewer of meat atop each salad and serve immediately.