

FOOD



Slow-Roasted Beef Tenderloin with Double-Mushroom Ragoût

Roasting the beef at a low temperature cooks the meat slowly and evenly and gives you time to finish preparing the other dishes. Serves 8.

Ingredients:

- 2 Tbs. extra-virgin olive oil
- 2 tsp. coarsely chopped fresh thyme
- 2 tsp. minced garlic
- salt and freshly ground black pepper
- 4-lb. beef tenderloin roast, preferably from the thicker end, trimmed of silver skin and chain
- 1 recipe Double-Mushroom Ragoût

Directions:

1. Position a rack in the center of the oven and heat the oven to 250°F.
 2. In a small bowl, combine the olive oil, thyme, garlic, 1 tsp. salt, and several generous grinds of black pepper. Put the tenderloin on a heavy-duty rimmed baking sheet or in a small roasting pan and rub the oil mixture all over it.
 3. Roast the tenderloin until an instant-read thermometer inserted in the thickest part reads 130°F for medium rare, about 1 hour. Transfer to a carving board, tent with foil and let rest for at least 20 minutes before serving.
 4. Cut the tenderloin crosswise into 1/2-inch slices. Serve with the ragoût.
- make ahead tip: You can season the tenderloin up to 6 hours ahead and refrigerate.

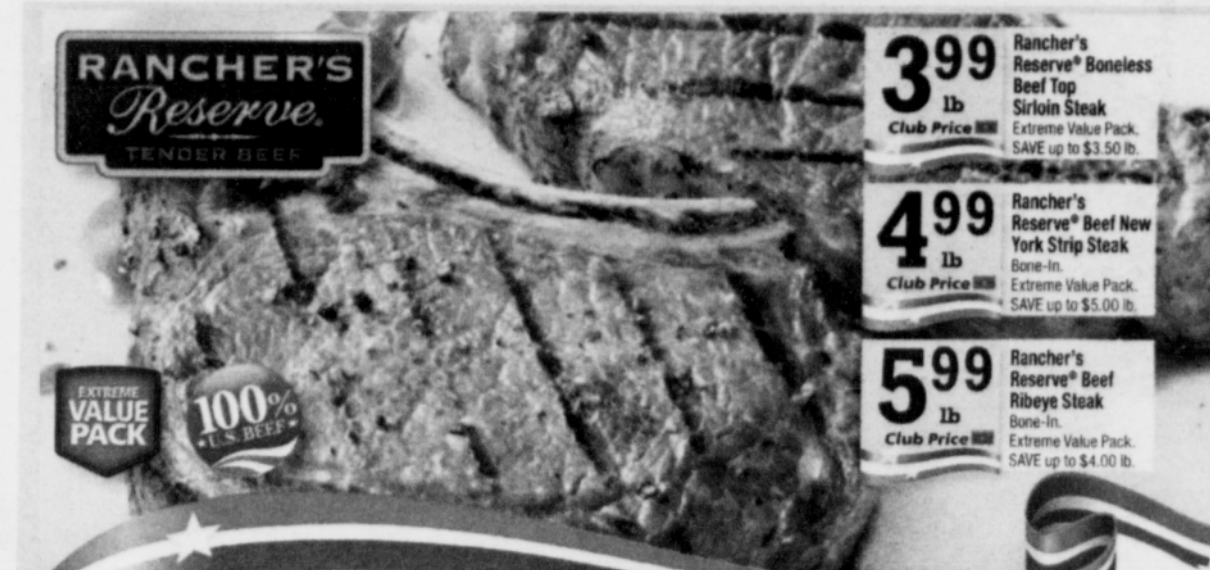
Bruschetta with Mozzarella and Smashed Fresh Favas

Ingredients:

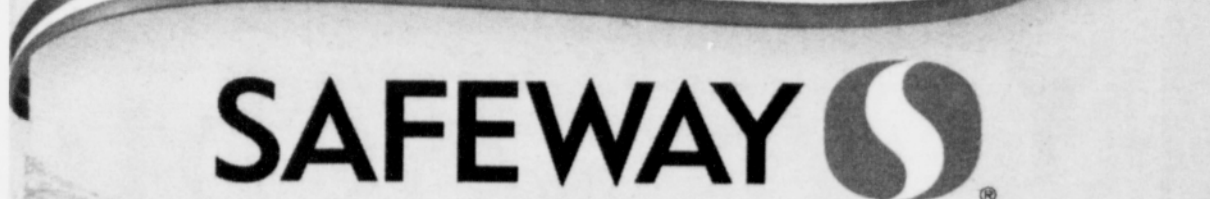
- 1 pound fresh fava beans, shelled (about 2 cups)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon finely grated lemon zest
- Salt and freshly ground pepper
- 16 grilled baguette slices
- 1/4 pound buffalo mozzarella, torn into thin strips
- Aged balsamic vinegar, for drizzling
- 2 tablespoons thinly sliced mint leaves

Directions:

1. In a saucepan of boiling water, cook the fava beans until the skins start to loosen, 1 1/2 minutes. Drain and squeeze out the favas. Transfer the favas to a food processor and add the oil, lemon juice and zest and pulse to a coarse puree. Season with salt and pepper.
2. Spread the fava-bean puree on the toasts and top with the mozzarella strips. Drizzle the toasts with the balsamic vinegar, scatter the mint on top and serve.



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