

Grillades and Grits

Hickory Smoked Beef Tenderloin, Exotic Mushrooms,
Roasted Garlic, Creamy White Cheddar Grits

(Serves 6)

Grillades:

- 2 lbs Beef Tenderloin Chunks
- Hickory Smoking Chips
- 2 Tbs Olive Oil
- 1 lb Exotic Mushrooms (Cremini, Shiitake, Portobello)
- 2 cups Yellow Onion, cut into large strips
- 2 Tbs Fresh Garlic, minced
- ¼ cup Vegetable Oil
- ¼ cup Flour
- 3 cups Beef Stock
- ¼ cup Roasted Garlic Cloves, whole, see page 208
- 2 Tbs Worcestershire Sauce
- 1 Tbs Texas Pete® Hot Sauce
- 1 pint Heavy Cream
- Salt and Fresh Ground Black Pepper

Grits:

- 4 cups Chicken Stock
- 2 tsp Salt
- 1 cup Stone Ground White Grits
- ¼ cup Red Bell Pepper, diced
- ¼ cup Green Bell Pepper, diced
- ½ cup Red Onion, diced
- ½ cup Heavy Cream
- 1 cup White Cheddar Cheese, shredded
- Salt and Fresh Ground Black Pepper

"I still remember when we first added this dish to the menu at Soby's. In New Orleans, Claudia and I had eaten at a bunch of great restaurants (as any self-respecting chef would do on his honeymoon) and learned what a grillade (gree-YAHD) was—a piece of steak that is pounded, seared in hot fat, and braised until tender. Soby's creamy white cheddar grits were already the talk of the town back at home and I was easily inspired to create our own version of the classic New Orleans' favorite."

For the Grillades: Start by smoking the beef with the hickory chips, for approximately 5 minutes (see the method on page 49). Sauté the mushrooms in olive oil on high heat in small batches. Remove the mushrooms from the pan and set them aside. Add the onions to the pan and cook until soft and caramelized. Add the fresh minced garlic and cook 2 minutes, until the garlic releases its flavor. Do not brown the garlic. Add the vegetable oil and stir in the flour to make a roux. Cook for 4 to 6 minutes, stirring constantly to prevent the roux from

burning. Add 1 cup of the beef stock and bring it to a simmer, stirring to prevent lumps. Stir in the rest of the beef stock and the remaining ingredients. Cook for about 20 minutes to reduce the sauce and cook the starchiness out of the roux. Add the beef and mushrooms and bring to a simmer. Simmer for 5 minutes. Season to taste with salt and pepper.

For the Grits: Combine the stock and salt in a saucepan over medium-high heat. When the stock comes to a boil, whisk in the grits until smooth. Reduce the heat to low and simmer for approximately 20 minutes, stirring often to prevent the grits from sticking to the bottom of the pan. Add the peppers and onions and cook for another 5 minutes. Stir in the cream and the cheddar cheese. Season to taste with salt and pepper.

Finish the Dish: Serve the grillades over the white cheddar grits. If desired, top with two fried quail eggs or a fried chicken egg and garnish with diced tomatoes and green onions.

Pairing Suggestion: Rhône-style red (New or Old World). The smoked-meat overtones of many Grenache-Syrah blends match this dish perfectly.



Thank You for Smoking!

Smoking is undoubtedly one of the most popular cooking techniques in the South. No other preparation technique adds as much flavor to a dish. Smoking adds flavor by laying a thin film of smoke on top of the food item. Smoking for a longer period of time causes the smoked flavor to penetrate the food as well. There are two methods of smoking: cold smoking (used for bacon) and hot smoking (which cooks as it smokes). The recipes in this book use hot smoking.

The most effective tool for smoking is a smoker. If you have a smoker, use it according to the manufacturer's recommendations. If you don't have a smoker, here are some tips and methods.

Smoking Tips:

- Smoke only outside.
- In the Southeast, the most popular wood for smoking is hickory. You can buy chips at your local supermarket.
- If the food item is large, it may need to smoke for a long period of time. To control the amount of smoke and prevent the chips from burning up too fast, soak them in water first.
- If the food item is small, you do not need to soak the chips.

Charcoal Grill:

- Use hardwood charcoal whenever possible for maximum flavor.
- Heat the charcoal and allow it to burn down to a moderate temperature (so the charcoal does not flame up).
- Add a small handful of wood chips to the charcoal.
- Place the food on the grill and close the lid.
- Cook the food to the desired doneness.

Gas Grill:

- Heat the grill to medium-high.
- Put a small handful of wood smoking chips in an aluminum pie tin.
- Place the tin on one side of the grill grate.
- Close the grill cover and allow the chips to heat until they are smoking.
- Place the food on the grill and close the lid.
- Cook the food to the desired doneness.