Recipes: Dinner Menu for the week of October 10th – 16th, 2022

written by John Mueller | February 25, 2023

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Beef Tenderloin Tips, with Beer-onion Gravy [British-influence]

Ingredients: beef tenderloin tips, brandy, beer-onion-garlic gravy, and sugar.

Directions: Beef tenderloin tips, pan-seared and flambéed with brandy. Served with beer-onion-garlic gravy Good amount of onion caramelized low and slow to develop the natural sweetness in the onion and subdue the acidity, add garlic and sauté, finish with a stout beer and a touch of sugar (to curb the bitterness of the beer). Allow simmering till it becomes almost gravy. For a detailed how-to, follow the instructions of [Chef Marcus Wareing](#) in the link:

- [Judge Marcus Wareing reveals the classic dish is the first skill test on tonight's new series](#)Also, The Daring Gourmet's [BEST Onion Gravy Recipe](#)

Grouper Fish [Mediterranean-influence]

Ingredients: grouper fish, white wine, tomatoes, basil pesto, olive oil, mushroom rice pilaf, mushroom, onion, garlic, butter, olive oil, and veggies.

Directions: Grouper fish filet baked with white wine, tomato slices or diced, and basil pesto, Olive in an open-faced foil sheet. Served with mushroom rice pilaf (mushroom chopped small, sautéed switch small dice onion and garlic, with a mixture of butter and olive oil; once the veggies are soft, add the rice, stir so the rice takes all the juices and flavors in the pan, add water, bring to a boil/covered, then lower to a minimum until the rice is cooked through and all the water has evaporated.

<u>Ratatouille on Rice</u> [French-influence]

Ingredients: zucchini, onion, eggplant, tomatoes, fresh herbs, and mushroom rice pilaf.

Directions: Medley of zucchini, onion, and eggplant, cooked with in-house roasted tomatoes and fresh herbs. Served on mushroom rice pilaf. [Vegetarian]

[[See full menu for the week of October 10th – 16th, 2022](#)]

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