

**Fennel Rub**  
Great for Beef Tenderloin or Pork Loin  
One Beef Tenderloin Serves 12

**Fennel Rub** (Yields approx. 1 cup)

¾ cup	Fennel seed
2 each	star anise
3 Tbsp	whole coriander
1 Tbsp	black peppercorns
2 Tbsp	sweet paprika
2 Tbsp	fine sea salt



In a dry sauté pan over medium heat toast fennel, anise, coriander and peppercorns to the first hint of smoke.

Allow aromatics to cool and then grind to a coarse consistency in a spice or coffee grinder.

Combine with paprika and sea salt and seal in an air-tight container until ready for use.

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**Grilled Tuscan Steak with Rosemary and Olive Oil**  
Serves 4

¼ cup	olive oil
1 fresh	rosemary branch, 3" long
2	steaks, 1½" thick (New York, Sirloin, Rib eye or other
thick steak)	
1 tsp	freshly ground black pepper
	Sea salt to taste
3-4 fresh	rosemary branches, dipped in water



Heat olive oil and 3" rosemary branch gently in a small saucepan until rosemary is fragrant. Remove from heat and cool to room temperature.  
Rub both sides of steaks with pepper. Grill the steaks over a very hot hardwood or charcoal fire, to desired doneness. Sprinkle with salt on the grilled sides as you turn them. Halfway through cooking, throw fresh rosemary branches on fire under steaks. When the steaks are done, but while they are still on the grill, drizzle with the rosemary infused oil. Serve immediately. Offer extra rosemary oil.

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**Beef Tenderloin or Pork Loin Preparation**

2 Tbsp Olive Oil

If using beef tenderloin, cut it in half crosswise to create two halves that fit in a roasting pan.

Place loins in a shallow bowl and apply the fennel rub to cover all surfaces.

Heat olive oil over medium heat in a large sauté pan and brown all surfaces of the meat. Add more olive oil if the pan becomes dry.

Place meat in roasting pan and cook in 375°F oven for 35 minutes. This should result in medium rare beef tenderloin and medium pork loin. Remove from oven and let rest, loosely covered with foil for 10 minutes. Slice and serve immediately.



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**Grilled Ranchero Asada with Fresh Chimichurri Sauce**  
Serves 4

2 lbs	beef loin flap meat
	sea salt and pepper
1 tsp	red pepper flakes
	olive oil



Trim meat of extra fat and light grill. Salt, pepper and sprinkle red pepper flakes on meat. Rub with olive oil. Grill meat medium-rare over high heat.

**Chimichurri Sauce**

½ bunch	cilantro
½ bunch	flat leaf parsley
2 cloves	garlic
1 Tbsp	red wine vinegar
½ cup	extra virgin olive oil
1 tsp	lime zest
1	lime (juice)

Place all ingredients in blender and puree until homogenous yet still a bit rustic in texture. Serve with grilled meat.

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