

GRILLED FILET MIGNON

2 8oz filet
2 oven roasted Florida sweet potatoes
2 grilled corn on the cob
1/2 red onion
1 red pepper
10 grilled asparagus
1 tsp minced garlic
1 Tbsp chopped parsley

Tomato Vinaigrette recipe
for the sauce for the filet
1 tomato burnished (diced very small)
1 cup olive oil
1 cup vegetable oil
1/4 cup soy sauce
1/2 cup raspberry balsamic
1 Tbsp chopped shallot
2 Tbsp minced garlic
1/4 cup chopped parsley
salt and white pepper, to taste



For the tomato vinaigrette: combine all ingredients and mix very well.

For the sauté vegetables: take the grilled corn off the cob, dice the red onion up into 1/4-inch pieces, and do the same with the red pepper. Add 2 Tablespoons of olive oil to a hot skillet, then add onion and red pepper. After they have cooked for 1.5 minutes, add the garlic, corn and parsley, then finish off with salt and pepper.

Grill filet to desired preference. Top with tomato vinaigrette. Serve with sautéed vegetables, oven-roasted sweet potatoes and grilled asparagus. Yield 2 servings.

CUCUMBER SALAD WITH SPICY GRILLED BEEF

1 Tablespoon soy sauce
1 Tablespoon chili sauce
1 teaspoon of garlic, minced
1 teaspoon rice wine vinegar
3 ounces pickled ginger, chopped
1 Tablespoon Florida green onion, chopped
1 Florida cucumber, seed, peeled and thinly sliced
1/4 pound filet mignon grilled to taste