

Grilled Fillet of Beef with Garlic-Rubbed Crostini, Shaft Blue Cheese Compound Butter, Dehydrated Dry Farmed Tomatoes, and Grilled Asparagus

Serves: 4

Ingredients:

- For the Beef and Marinade:
- 4 beef fillet steaks (6 ounces each)
- 1 bottle Frank's Hot Sauce
- 1 handful garlic cloves, peeled
- 1 hefty pinch of salt and freshly ground black pepper
- For the Shaft Blue Cheese Compound Butter:
- 4 ounces Shaft Blue Cheese, softened
- 4 tablespoons unsalted butter, softened
- 1 tablespoon fresh parsley, finely chopped
- 1 teaspoon fresh thyme leaves
- 1 teaspoon lemon zest
- Salt and freshly ground black pepper, to taste
- For the Garlic-Rubbed Crostini:
- 1 baguette, sliced into 1/2-inch thick pieces
- 2 tablespoons olive oil
- 2 cloves garlic, peeled
- Salt, to taste
- For the Dehydrated Tomatoes:
- 6 dry farmed tomatoes, halved
- 1-2 teaspoons fresh herbs (thyme, rosemary, or oregano)
- 2 teaspoons balsamic vinegar (optional)
- 2 cloves garlic, minced
- Salt and freshly ground black pepper, to taste
- For the Grilled Asparagus:
- 1 bunch asparagus, trimmed
- 1-2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste

Instructions:

- Marinate the Beef:
- Combine Frank's Hot Sauce, garlic cloves, salt, and pepper in a bowl or resealable bag.
- Add the fillet steaks and marinate in the refrigerator overnight or for at least 2 hours.
- Prepare the Shaft Blue Cheese Compound Butter:
- Mix the blue cheese, butter, parsley, thyme, and lemon zest in a bowl.
- Season with salt and pepper.
- Shape into a log, wrap in plastic, and refrigerate until firm.
- Make the Garlic-Rubbed Crostini:
- Preheat the oven to 375°F (190°C).
- Arrange baguette slices on a baking sheet, brush with olive oil, and sprinkle with salt.
- Bake for 10-12 minutes until golden and crisp.
- While warm, rub each slice with a peeled garlic clove.
- Dehydrate the Tomatoes:
- Preheat the oven to 225°F (110°C).
- Arrange halved tomatoes on a parchment-lined baking sheet.
- Sprinkle with herbs, minced garlic, salt, pepper, and balsamic vinegar (optional).
- Bake for 3-5 hours, checking occasionally, until dehydrated to your liking.
- Grill the Asparagus:
- Toss asparagus with olive oil, salt, and pepper.
- Preheat the grill to medium-high heat and cook for 2-3 minutes per side until tender and blistered.
- Alternatively, roast in the oven at 350°F (175°C) for 9 minutes.
- Grill the Fillet of Beef:
- Remove steaks from the marinade and let excess drip off.
- Preheat the grill to medium-high heat.
- Grill steaks for 4-5 minutes per side for medium-rare or until desired doneness.
- Let rest for 5 minutes before serving.
- Assembly
- Plate each grilled fillet with a slice of Shaft Blue Cheese Compound Butter melting on top.
- Add a side of dehydrated tomatoes, grilled asparagus, and garlic-rubbed crostini.
- Garnish with fresh parsley or thyme for a vibrant finish.