

PEPPER-CRUSTED ANTELOPE PETITE TENDER, SAUCE CHORON & WHEATBERRY RAGU



Prep Time: 1.5 hours

Cook Time: 1 hour

Total Time: 2.5 hours

Yield: 2

PEPPER-CRUSTED ANTELOPE PETITE TENDER

- two 10 oz antelope petite tender (aka shoulder tender, teres major)
- 1/4 cup white peppercorn, medium coarse ground
- 1/4 cup black peppercorn, medium coarse ground
- 1/4 cup pink peppercorn, medium coarse ground
- 1/4 cup green peppercorn, medium coarse ground
- 1/2 cup Dijon mustard
- fine sea salt
- coarse sea salt

Instructions

1. Put the steaks in a baking dish and pat dry with paper towels.
2. Combine all of the peppercorns, mix thoroughly and place on a second baking tray. Brush the tender lightly with Dijon mustard and roll in the peppercorn mix to crust completely. Cover and set aside in the refrigerator for at least 30 minutes and up to 2 hours, as this will help the peppercorn crust to adhere better. Take the meat out of the refrigerator about 30 minutes before grilling.
3. Preheat a charcoal or gas grill to high heat (450 to 500°F). Take a few paper towels and fold them several times to make a thick square. Blot a small amount of oil on the paper towel then carefully and quickly wipe the hot grates of the grill. This will create a non-stick grilling surface. Season both sides of the steaks with salt.
4. Lay the steaks on the hot grill, and sear for 3 minutes, turning them every 30 seconds to ensure even cooking. Remove the steak to a wire rack to rest for 5 minutes. Return the steak to the grill and continue to cook for 4 more minutes, continuing to turn every 30 seconds. Don't overcook; you want the steaks slightly charred on the outside and medium-rare inside. An instant-read thermometer inserted into the thickest part of the steak should read 130°F.
5. Remove to a wire rack, cover to keep warm until ready to serve.

WHEATBERRY RAGU

- 1 cup wheatberries
- 1 large portobello mushroom cap, wiped of grit, medium dice
- 1/4 sweet onion, small diced
- 1 clove garlic, germ removed, minced
- 3 tablespoons cooking oil
- 1 1/2 cup beef broth, sodium free
- 1/4 stick unsalted butter, diced
- 2 tablespoon parsley, chopped
- 1 tablespoon chives, chopped
- 1 lemon wedge
- fine sea salt
- cracked black peppercorn, ground

Instructions

1. In a medium sauce pot add the wheatberries and cover with 2 cups of cold water. Stir the wheatberries and allow them to settle, which will allow any foreign objects the come to the surface. Remove any foreign objects, strain the water and replace with another 2 cups of cold water.
2. Place on the stove at high heat and bring to a boil. Reduce the heat to a simmer and cover the pot.

Allow the wheatberries to simmer for 25 to 40 minutes until only about 10% of the water is left and the wheatberries are tender and cooked through. Keep cooked wheatberries in a warm place until needed.

3. While the wheatberries are cooking, put cooking oil in a sauté pan and place over medium-high heat. Add onions and garlic to the pan and begin to cook; once the onions begin to soften, add the mushrooms and continue to sauté until all the ingredients are golden brown. Season to taste with fine sea salt throughout the cooking process. Reserve the sautéed mushroom mixture for the next step.
4. In a sauce pot combine the wheatberries, mushroom mixture and beef broth, and bring to a simmer over medium-high heat. Continue to simmer until the beef broth reduces by half; reduce the heat to a low simmer and slowly add in the butter while stirring.
5. Allow the ragu to gently simmer until the liquid is lightly glazing the mixture. To finish, add parsley and chives, and season with fine sea salt, cracked black pepper and a few drops of lemon juice. Reserve in pot until ready to plate.

Serving

To serve, divide the wheatberry ragu among four plates. Slice the petite tender into the preferred thickness and place alongside the ragu. Finish the tender with coarse sea salt and olive oil, adding a pour of the Sauce Choron on the plate or drizzling it over the steak.

SAUCE CHORON (TOMATO HOLLANDAISE)

- 1 egg yolk
- 1 tablespoon Séka Hills extra-virgin olive oil
- 2 tablespoons tomato puree
- 2 tablespoons tomato paste
- 4 sprigs fresh tarragon
- 1 cup dry Séka Hills Viognier white wine
- 1 cup white wine vinegar
- 10 black peppercorns
- 1/4 teaspoon cayenne pepper
- 2 shallots, thinly sliced
- 1 tablespoon water
- 1/2 cup melted butter
- fine sea salt



Instructions

1. In a small sauce pot combine the tarragon, cayenne pepper, sliced shallot, black peppercorn, white wine and white wine vinegar. Bring to a simmer and reduce down to 1/4 cup; strain and cool the reduction, and reserve.
2. Coat a small sauté pan with olive oil and place over medium low heat. Add the tomato puree and paste, season lightly and cook until the raw tomato flavor is gone. Reserve until ready to make the Sauce Choron.
3. Create a double boiler with a pot and a stainless-steel bowl large enough to sit on the pot without touching the boiling water below. Remove the bowl from the pot and add the egg yolk, tomato mixture, water, 1 tablespoon of the tarragon reduction and 1/2 teaspoon fine sea salt.
4. Vigorously whisk the egg yolk mixture in the stainless-steel bowl until the mixture is thickened and doubled in volume. Place the bowl over the barely simmering water and continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume.
5. Cover and place in a warm spot until ready to use.