

The Gristmill's Beef Tenderloin Salad Marinade

1 lb margarine
1/2 c Worcestershire sauce
1/2 c soy sauce
1 c fresh lime juice
1/2 T chopped garlic
1/4 c chopped cilantro, diced fine
1 T black pepper
salt to taste

(This makes 4 cups of marinade, only use 1/4 cup prepared for this recipe)

7 ounces beef tenderloin tips

leaf lettuce

Romaine lettuce

fresh spinach

4 slices avocado

2 wedges tomato

2 ounces vinaigrette (recipe follows)

Melt margarine over low flame. Add Worcestershire sauce, soy sauce, lime juice, diced cilantro, salt and pepper. Place garlic in blender with just enough water to cover blades. Blend until smooth and add to marinade. Cook over low flame for another 10 minutes. (Use only 1/4 cup for this recipe) Allow to cool, then dip beef tips in marinade. Grill or saute in hot pan to your preference. Add the tips to a 3 leaf mixture of leaf lettuce, Romaine and spinach. Add 2 ounces of Vinaigrette Dressing along with avocado and mix. Serve in a salad bowl with tomato wedges.

Vinaigrette

6 tablespoons mayonnaise
1 1/2 teaspoons Dijon mustard
1/8 tablespoon sugar
1/16 tablespoon salt
5 tablespoons salad oil
2 tablespoons red wine vinegar
2 tablespoons buttermilk
2 teaspoons chopped green onions
1/2 teaspoon chopped garlic
1/16 teaspoon chopped basil

In a mixing bowl, combine the mayonnaise, Dijon mustard, buttermilk, white pepper, sugar and salt. Mix together with a wire whisk until smooth. Slowly add salad oil while whisking vigorously. In a food processor blend the garlic and onion, then add the red wine vinegar until the onions are in tiny pieces. Slowly add the onion, garlic and vinegar mixture and basil to the dressing while whisking. Refrigerate. Serves 2.