



Grilled Beef Tenderloin with Chipotle Corn Sauce



This is a carnivore's delight. The tenderness of the grilled beef is matched perfectly with the smoky corn sauce. You will be amazed at the variety and depth of flavors packed into this simple dish. If you can, start with a wood fire. Otherwise, a regular gas grill will work just fine.

▣ Directions ▣

You will need a blender for the sauce. Place the corn in the blender with the chipotle pepper and chicken stock. Purée until completely smooth. Transfer to a mixing bowl and whisk in the flour until it totally dissolves into the corn mixture with no lumps.

Pour everything from the blender into a saucepan with the heavy cream and slowly simmer over medium heat. Stir constantly, taking care not to burn the bottom of the pan. If it becomes too thick, thin the mixture with a splash of chicken stock. Adjust the salt to taste.

Chop the garlic and the onion together. Add some salt and pepper and rub all over the tenderloin pieces. Sprinkle with the smoked paprika and grill on both sides until desired temperature is achieved. Serve the hot chipotle-corn sauce with the freshly-sliced tenderloin and enjoy.

Servings: about 4

Time: approximately 30 minutes

▣ Ingredients ▣

- 4 pieces of beef tenderloin, about 5 to 6 ounces each
- 1 tablespoon fresh garlic, minced
- 2 tablespoons onion, minced
- Cracked black pepper to taste
- 1/2 teaspoon smoked paprika
- 1 8-ounce can of corn or 1 cup roasted fresh corn, off the cobb
- 1 cup strong chicken stock
- 1 cup heavy cream
- 2 tablespoons chipotle peppers in adobo sauce
- 1 1/2 tablespoons flour
- Sea salt to taste