

Roast Beef

with Treviso-Pear Salad & Horseradish Sour Cream

We're putting a unique spin on the traditional roast, using an incredible vegetable. Treviso, also called "the winter flower," is a longer, thinner version of the round radicchio. It's a beautiful, red, mildly peppery plant. To calm its slightly bitter flavor, you'll sear it in a hot pan, browning and caramelizing its natural sugars. Paired with juicy roast beef and horseradish-spiced sour cream, treviso makes the perfect side for this delightfully updated classic.



Ingredients

- 1 Eye Round Roast, Tied
- 1 Anjou Pear
- 1 Head Treviso
- 1 Bunch Tarragon

Knick Knacks

- 1 Shallot
- 1 Tablespoon Balsamic Vinegar
- 1 Tablespoon Prepared Horseradish
- ¼ Cup Sour Cream
- ¼ Cup Walnuts

Makes 3 Servings

About 560 Calories Per Serving

Cooking Time: 35 to 45 minutes



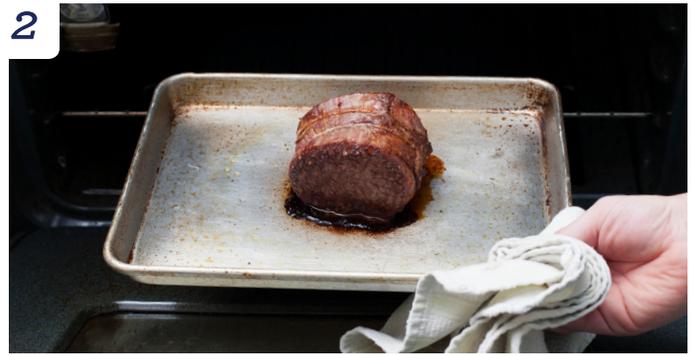
1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Remove the beef from the refrigerator to bring to room temperature. Core and thinly slice the pear. Halve the treviso lengthwise, leaving the core intact. Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the walnuts. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra shallot); place in a bowl with the **vinegar**.

2



Roast the beef:

Place the **beef** on a sheet pan; drizzle with olive oil and thoroughly season on all sides with salt and pepper. Roast 22 to 24 minutes, or until the beef has reached your desired degree of doneness. (An instant-read thermometer should register 130°F for medium.) Transfer to a cutting board and loosely cover with aluminum foil. Rest for at least 10 minutes.

3



Make the vinaigrette & horseradish sour cream:

While the beef roasts, season the **shallot-vinegar mixture** with salt and pepper to taste; slowly whisk in **2 tablespoons of olive oil** until well combined. In a small bowl, whisk together the **sour cream** and **horseradish**; season with salt and pepper to taste.

4



Toast the walnuts:

While the beef continues to roast, heat a large, dry pan on medium-high until hot. Add the **chopped walnuts** and toast, stirring occasionally, 1 to 2 minutes, or until fragrant and lightly browned. Transfer to a small bowl. Wipe out the pan.

5



Cook the treviso & warm the pear:

While the beef rests, drizzle the **treviso** with olive oil and season with salt and pepper. In the same pan used to toast the walnuts, heat 2 teaspoons of oil on high until hot, but not smoking. Add the **treviso halves**, cut side down; cook 30 seconds to 1 minute, or until browned. Transfer to a large bowl. Remove the pan from heat. Off the heat (but while the pan is still hot), add a **drizzle of olive oil** and the **pear**; season with salt and pepper. Toss the pear to coat it in the oil, 30 seconds to 1 minute, or until warmed through and slightly softened. Transfer to a plate.

6



Finish & plate your dish:

To the bowl of **cooked treviso**, add the **toasted walnuts**, **warmed pear**, **half the tarragon** and **as much of the vinaigrette as you'd like** (you may have extra vinaigrette). Toss to combine and season with salt and pepper to taste. Once the **beef** has rested, cut off and discard the string. Find the lines of muscle (or grain) of the beef; thinly slice the beef crosswise against the grain. Divide the sliced beef and **treviso-pear salad** between plates. Garnish with the **remaining tarragon** and serve with the **horseradish sour cream** on the side. Enjoy!