

Chile-Cinnamon Rubbed Beef Medallions

Servings : 6

Amount	Measure	Ingredient - Preparation Method
		Chile-cinnamon gravy
3	tablespoons	olive oil
1	medium	onion - chopped
1	small	carrot - chopped
1	rib	celery - chopped
1/4	cup	chopped garlic
2	teaspoons	black pepper
2	teaspoons	crushed whole coriander
3		dried red new mexican chiles - stemmed, seeded and torn
1	stick	cinnamon
1	stalk	lemongrass
1/2	cup	chicken stock
4	cups	beef stock
1/2	cup	cilantro - chopped
1	tablespoon	dried thyme
1		bay leaf
2	tablespoons	cornstarch dissolved in 1 tbspn water
		salt
		juice of 1 lime
		steak
1	tablespoon	cinnamon
1	tablespoon	crushed whole coriander
1	tablespoon	sugar
1	tablespoon	paprika
1/2	tablespoon	cayenne
1	tablespoon	salt
4	pounds	center cut beef tenderloin - cut into 12 medallions

For the gravy, in a heavy bottomed pot or Dutch oven, warm oil over low, then add onion, carrot, celery and garlic. Cook slowly to carmelize, adding just enough oil to keep from sticking. When very soft and slightly brown, add the black pepper, coriander, chiles, cinnamon and lemongrass. Saute for a couple of minutes until chile pieces are soft, then add stocks, cilantro, thyme and bay leaf.

Simmer until liquids are reduced by one third, stirring occasionally. Carefully strain and discard solids. Return to pot, add cornstarch mixture, bring to a boil, then reduce heat and simmer for 3 minutes. Season with salt and lime juice.

Combine dry ingredients. Drench tenderloins in the rub as if breading them. Grill over mesquite or chicory, 4-9 minutes per side.

Serve with gravy.