

HERB ROASTED MOCK TENDER



INGREDIENTS

One 2-2 1/2 lb Tevya's Ranch™ Chuck
Kolichel (ask your butcher to remove
the silver skin)

1 Tbsp + 1 Tsp kosher salt, divided

1/2 Tsp black pepper

1 Tbsp canola oil

3 cloves garlic

1/2 jalapeño, seeds removed

Zest of 1 lemon

1/2 cup parsley leaves, packed

1 Tbsp dijon mustard

1/4 cup olive oil

THE MAVEN METHOD™

1. Season meat with 1 Tbsp salt and pepper.
2. Heat a large skillet over high heat. Add 1 Tbsp oil and as soon as it begins to smoke, add meat and sear until nicely browned, 3 minutes per side, adding more oil if necessary. Allow to cool for 1 hour.
3. Preheat oven to 500°.
4. In the bowl of a food processor, combine garlic, jalapeño, lemon zest, parsley, mustard, oil and 1 Tsp salt. Puree well. Rub herb paste into meat.
5. Place meat on a roasting rack in a baking dish and place into oven. Roast uncovered for 20-25 minutes for rare or 30-35 minutes for medium. (If using a meat thermometer, 120° for rare, 130° for medium.)
6. Remove meat from oven and allow to rest 20 minutes before cutting into very thin slices.

Note: Over-cooking mock tender will result in a dry, tough cut of meat.

SERVING SUGGESTIONS

Mock tender is a great Shabbos dish. Serve cold cut into paper-thin slices. Can also serve chopped into a steak salad.

Serves



4-6

Prep
Time



10
minutes

Cook
Time



25-35
minutes



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