

**The Williamsburg Lodge  
Williamsburg Farmers Market Demo  
Saturday July 10, 2010**

**Chef Rhys Lewis, Chef Keith Nickerson, Chef Justin Addison  
Presents:  
“Cooking with Herbs”**

**Grilled Rosemary Marinated Shoulder Tenderloin of Beef  
Charred Tomato Salsa, Chimichurri sauce  
Serves 4**

**Ingredients –For the Beef**

1.5 # Beef Shoulder Tenderloin  
3 Sprigs Fresh Rosemary, stemmed and chopped fine  
3 Sprigs Fresh Thyme, stemmed and chopped fine  
3 Sprigs Fresh Mint, stemmed and chopped fine  
4 Cloves of Garlic, Peeled chopped fine  
¼ cup olive Oil  
Kosher Salt & Pepper

**Method -for the Beef**

Combine the rosemary, thyme, mint garlic and olive oil to create a marinade.  
Marinate the Beef in the marinade, season it with salt and reserve it chilled until needed.

Flash grille the beef on a preheated grill until the beef reaches the desired doneness, and reserve it in a warm place to allow the meat to rest for 15 minutes.  
Serve it with the Charred Tomato Salsa and the Chimichurri sauce

## **Charred Tomato Salsa**

**Yield 1.5 cups**

### **Ingredients –For the Salsa**

2 Beefsteak Tomatoes  
1 Yellow tomatoes  
1 Anaheim Chili's- fresh  
1/4 cup olive oil  
1 Jalapeños, seeded and chopped fine  
1/4 Spanish onion, peeled and diced fine  
1/4 Bunch Cilantro, stemmed and chopped fine  
1 Limes, squeezed for juice  
1 tsp Turbinado sugar  
Kosher Salt to taste

### **Method –For the Salsa**

Cut the tomatoes in half and toss lightly in olive oil.  
Place on a preheated grill and grill until the skins of the tomatoes are charred.  
Toss the Anaheim Chili in olive oil and char on the broiler until the skin is charred, cover and peel and remove the seeds, dice in small dice.  
Peel the tomatoes and dice into small dice.  
Combine the tomatoes, Anaheim chili's jalapenos, Spanish onions, Cilantro, Lime juice, and Turbinado sugar, and blend lightly.  
Season with Kosher salt and reserve chilled.

## **Chimichurri Sauce**

**Yield 1.5 Cups**

### **Ingredients –For the Chimichurri Sauce**

1/2 Cup Cilantro Leaves- stems removed  
1/2 Cup Packed Italian Parsley- Stemmed  
6 Clove Garlic  
1 Jalapenos –Seeded  
1 Tbsp -Dry Oregano  
1/2 Cup White Vinegar  
1/2 Cup Olive Oil  
1 Tsp Kosher Salt

### **Method –For the Chimichurri Sauce**

Combine the cilantro, parsley, jalapeno, and garlic in a Robot Coupe and chop 1-2 minutes. Add the Olive oil, dry oregano and kosher salt and chop and additional minute, Add the vinegar and pulse to incorporate.  
Reserve chilled and serve with grilled meats.

## Herbs 101

**Basil** Called the royal herb of by ancient Greeks this annual is a member of the mint family. Most varieties of basil have green leaves such as Lemon Basil or Cinnamon Basil, however Opal Basil has beautiful purple leaves. Basil adds a complex yet subtle perfume to various food preparations. Basil is often preserved by making it into “Pesto” which is popular in Mediterranean Cooking.

**Chive** Related to the onion and the leek, this fragrant herb slender vivid green hollow stems and a mild onion flavor. Delicious in any dish, Chives should be added at the end of cooking, and can be found in a freeze dried form. Chives are a good source of vitamin A, calcium and potassium.

**Cilantro** Is the bright green stems and leaves of the Coriander plant. Cilantro often called Chinese Parsley has a lively pungent fragrance which is used in Latina American, Asian, and Caribbean cooking. Cilantro is a key ingredient in the finishing of many Asian soups and stir fry style dishes; and is always present in Latin American Salsa’s. Cilantro should be added freshly chopped at the end of cooking or in cold presentations. The addition of extended heat will minimize the fresh and natural pungent flavor of cilantro.

**Parsley** In ancient times parsley wreathes were used to ward off drunkenness, although proof of their effectiveness was scarce. There are more than 30 varieties of this herb the most popular are Curly Parsley and Italian Flat Leaf Parsley. Parsley is an excellent source of vitamin A and C and adds a fresh flavor and eye appealing color to almost any dish. Parsley is often chopped and used as a topical garnish.

**Rosemary** Used since 500 BC, Rosemary is native to the Mediterranean which it grows wild and is now cultivated in many other places. Early on, this member of the mint family was used to cure ailments of the nervous system. In modern times it is thought to positively affect the joints of the human body. Rosemary is used fresh and dried and is savored in food preparation and as a scent in soaps, shampoos and fragrances. Rosemary is especially good when used in sauces and to flavor grilled or roasted meats, vegetables and tubers such as potatoes.

### Thyme

There are several varieties of the mint family member is a perennial herb native to southern Europe and the Mediterranean. Thyme is an priced herb for its lemon characteristics and is excellent in poultry, fish and sauces. Thyme is known as a basic herb of French cuisine