

# Matambre - Charleston Style

This began as an Argentine dish that we first prepared for our cookbook group in Ann Arbor. The original recipe was in *The South American Table*. I found that flank steak was difficult to work with and the result was dry. I served this to friends in



Charleston and asked for comments. Kathleen Guy suggested that it would be better if the meat were rare, and Ellie Setser suggested that I make it out of a loin instead of flank steak. I decided to brown it in an iron skillet and then slow roast it in the oven until rare.

## Ingredients:

- 2 lb. beef tenderloin
- 2 Tbsp. red wine vinegar
- 2 Tbsp. vegetable oil (divided)
- 1 tsp. dried oregano
- 2 cloves of garlic
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup chopped parsley
- 1/2 tsp. red pepper flakes
- 1/2 cup grated Parmesan cheese (divided)
- 1 bunch Spinach or Swiss Chard leaves
- 1 medium carrot
- 6 asparagus spears
- 1 large roasted red pepper (half a jar)
- 2 large eggs

## Equipment

- Cast iron skillet
- Plastic bag
- Kitchen twine

**COMING SOON**  
**UNDER CONSTRUCTION**

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☑	Directions	Time (min)	
	Butterfly the tenderloin <a href="#">Link</a>	2	
	Peel and mince 2 cloves of garlic	4	
	Rub beef with 2 Tbsp. red wine vinegar and 1 Tbsp. oil	2	
	Sprinkle with 1 tsp. oregano, minced garlic, 1 tsp. salt, and 1/4 tsp. pepper	2	
	Place beef in a plastic bag at room temperature		60
	Rinse, dry and chop 1/4 cup parsley	4	
	Grate 1/4 cup Parmesan cheese	3	
	Rinse and dry spinach leaves. Remove stems. Prepare enough to cover beef	5	
	Peel and slice carrot into matchstick size	3	
	Trim bottoms of 6 asparagus spears	2	
	Cut 1 roasted red pepper into 1/2" strips	3	
	In a pan of water, hard boil two eggs (see recipe for hard-boiled eggs)	23	
	Bring a pot of water to a boil. Add 1 Tbsp. salt.	5	
	Fill a bowl with water and ice	1	
	Blanch asparagus and carrots	2	
	Transfer asparagus and carrots to cold water	2	
	Transfer asparagus and carrots to paper towel and pat dry	1	
	Lay the beef with the cut-side up. Sprinkle with half of the parsley, red pepper, parmesan, and spinach leaves	5	
	Preheat oven to 300 degrees		19
	Slice eggs into quarters lengthwise	2	
	Arrange the carrots, asparagus, roasted pepper, and egg along the grain in rows 2" apart	4	
	Roll up the beef aligned with the grain so that it will eventually be sliced across the grain.	4	
	Tie the roll with twine every 2".	4	
	Heat 1 Tbsp. oil in an iron skillet until shimmering	2	
	Brown the beef on all sides	3	
	Insert pan and beef to the oven	1	
	Roast until the internal temperature is 120 degrees	10	
	Remove from oven and allow to rest	10	
		<b>Total</b>	Two hrs.