

Blue Cheese Crusted Beef Medallions / Plantain Salsa / Warm Breadfruit & Mango Salad

2 each beef medallions (5 oz each)
1 tbsp jerk seasoning
Salt & black pepper
2 tbsp olive oil
2 slices of your favorite blue cheese (gorgonzola / stilton or Roquefort)

- Season beef medallions with all the above ingredients and marinate for at least 30 minutes.
- Grill on chargrill to your desired doneness
- Top with blue cheese

Plantain Salsa

1 small ripe plantain
Olive oil for frying - and a little extra for the finishing
1tbsp chopped fresh cilantro
1 tbsp chopped scallion
1 tbsp chopped roasted red peppers
1 tbsp chopped roasted green peppers
Juice of 1 lime
1 tsp honey
Salt & black pepper to taste

- Peel plantain and cut lengthwise (1/2 inch thick)
- Fry in hot olive oil on both sides until golden brown and caramelized
- Remove from oil and drain excess oil on paper towel
- Cut into ¼ inch dice and place in a bowl
- Add cilantro, scallion, red and green peppers and mix
- Season salsa with lime juice, honey, salt and black pepper to taste.
- Add a splash of olive oil

Warm Breadfruit & Mango Salad

1 small breadfruit – roasted (skin on) in char coal
1 small mango – diced (1/2 inch)
½ cup blanched string beans
2 tbsp chopped scallion
1 tbsp chopped basil
2 tbsp Balsamic vinegar
2 tbsp fresh orange juice
Juice of 1 lime
1 tbsp Dijon mustard
Splash of hot pepper sauce
Salt / black pepper to taste



- Peel breadfruit and cut into ½ inch dice
- Add mango, string beans, scallion, basil and mix
- Add vinegar, orange juice, lime juice, mustard and hot pepper sauce
- Adjust seasoning with salt and black pepper

To serve

- Quickly re-heat beef tenderloin on your char grill (with cover) or under your overhead broiler. Blue Cheese should be well melted
- Put breadfruit salad in center of the plate
- Place beef tenderloin on top
- Finish with Plantain salsa

