

KURTZ ORCHARDS

well flavoured



Red Pepper & Garlic Beef

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flavoured with Kurtz Golden Pepper Jelly

Ingredients

2 pounds (1 k) beef tenderloin, cut into strips
2 cloves garlic, finely chopped
4 tablespoons (60 mL) olive oil
4 tablespoons (60 mL) Worcestershire sauce
2 tablespoon (15 mL) **Kurtz Golden Pepper Jelly**
4 limes, juiced
salt and freshly cracked black pepper
1/2 teaspoon (2.5 mL) hot pepper flakes
prepared horseradish

Method

Put the beef tenderloin trips in a glass baking dish, large enough to hold it in one layer. In a small bowl, whisk olive oil, Worcestershire sauce, Kurtz Golden Pepper Jelly and

lime juice. Season with salt and pepper and let marinate in the refrigerator for at least 3 hours.

When ready to cook, transfer beef tenders and marinade to a hot wok and sprinkle hot pepper flakes over. Toss and cook over high heat for 4 minutes or until done to your liking. Transfer to individual serving dish and pour remaining juices over. Serve warm with baked potatoes. Serves 2.

The Kurtz family focus on offering uniquely made farm to table food solutions and introduce customers to an abundance of rich, authentic country flavours from the ground up; jam, jelly, spreads, butters, sauces, dips and dressings of guaranteed origin and quality.

Visit the website for more recipes.

www.kurtzorchards.com

Kurtz Orchards Farm and Gourmet Marketplace

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Kurtz Culinary Food Shops

- 38-40 Queen St, P O Box 457, Niagara-on-the-Lake, ON, CANADA, L0S 1J0 905-468-3815
- Bayview Village, 2901 Bayview Ave, Toronto, ON, CANADA, M2K 1E6, 416-250-1811
- South-east corner of Ocean Ave and San Carlos, Carmel-by-the-Sea, CA, USA 93921, 831-625-5267