

# J·DAVIES ESTATE

# RECIPE

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## BEEF TAGLIATA, ARUGULA AND TREVISANA SALAD

*Recipe by Fabrizio Schenardi,  
executive chef, Four Seasons Resort  
Orlando, Florida*



PAIR WITH:

J. DAVIES  
CABERNET SAUVIGNON

### INGREDIENTS

¼ cup balsamic vinegar, plus extra to drizzle  
2 tablespoons extra virgin olive oil, plus extra to drizzle  
2 tablespoons chopped fresh rosemary  
1 tablespoon chopped thyme  
1½ pounds beef tenderloin  
1 tablespoon sea salt  
2 tablespoons coarsely ground black pepper  
1 tablespoon canola oil  
2 cups baby arugula  
2 cups sliced trevisana  
1 lemon, halved  
Parmigiano-Reggiano cheese shavings

### PREPARATION

- Preheat oven to 350°F.
- Whisk vinegar, olive oil, rosemary and thyme in small bowl to make marinade.
- Place beef on platter.
- Spoon marinade over meat, turning to coat completely.
- Let stand 2 hours.
- Sprinkle meat all over with salt and pepper.
- Heat canola oil in heavy, large ovenproof skillet over high heat.
- Add beef and brown on all sides, about 5 minutes.
- Transfer skillet to oven.
- Cook beef to desired doneness, about 30 minutes for rare.
- Transfer beef to platter. Let rest 10 minutes.
- In a small bowl, toss arugula and trevisana.
- Slice beef thinly and divide among 4 plates.
- Drizzle any juices from platter over beef.
- Sprinkle with salt.
- Top with arugula and trevisana.
- Squeeze lemon over, then drizzle with olive oil and vinegar.
- Sprinkle with salt and pepper.
- Top with cheese and serve.