

by *Melissa LeLaCheur*

My company, Southern Graze Co., specializes in graze boards and boxes. Graze boards are like charcuterie boards, which are curated with a variety of meat, cheeses, fruit and a carbohydrate component, such as crackers or fresh bread. For me, the perfect graze board includes layers of eye-pleasing color, texture variation and small bites of collaborative flavor profiles all curated onto one board. Depending on the size of a board (or box), I can layer between 30-45 different types of edible food items. Sounds crazy, doesn't it?

Crafting charcuterie

Let's have a little fun and create the perfect charcuterie board highlighting beef. First things first, is there anything more delicious or classy than a top-notch cut of beef? I don't think so. A person could easily create a surf and turf board or a Santa Fe inspired board with seared,

fresh green chilies, chimichurri sauce and Mexican street corn salad, but let's go for more of a classic option.

Grab a Certified Hereford Beef® tenderloin. Prepare it to your liking. I've shared a recipe that I love to use for these types of cuts. My suggestion is to keep the seasoning simple. You want the beautiful beef to do the talking.

Once prepared and resting, slice some sweet onion, purple onion and a few whole, fresh green onions. Heat up your grill pan or outdoor grill, and sear your onions on high heat to get those amazing grill marks. Once seared, place the slices into a large baggie. Seal the bag and let it steep while you sear the green onion stalks. Set those aside on a plate, uncovered.

Cut up a few colorful bell peppers and repeat the sear process and place in a baggie to steep. Round up some mushrooms — button and baby portobello are my favorite combo. Sear mushrooms in a skillet with a tiny bit of extra virgin olive oil before adding a bit of your favorite wine (I prefer red) and your favorite rustic-type of seasoning. Let them simmer and soften a bit.

Now, let's add in a carbohydrate. Seek out a good quality pita bread or Naan bread, and sear it on high heat on the grill pan. You want a quick char for that smoky flavor and taste. Once seared, cut into small triangles.

Find cheeses you would like to use. Here is where you can add in



some additional flavors. Beef's higher fat content and richness will stand up to some of the pungent types of cheese. I love to use horseradish cheese and blue cheese when serving beef. I would also add in some classic types of cheese, such as a medium cheddar and a smoked gouda. Slice and cut in different shapes to add texture to your board.

The last thing is the dip. Make your favorite garlic butter dipping sauce, or if you have the time to make a compounded butter to slice, that would be awesome too.

Grab your board and let's assemble. Find some small bowls for your dips and stagger them on the board. Slice up your *Certified Hereford Beef* tenderloin and fan it out on your board. Next, place your cheeses; I like to lay the cheese close to the protein(s) and then some close to corners or edges. Start filling in around the edges with your pita bread before layering in your sliced onions and drained, cooked mushrooms in piles. Keep in mind, sometimes messy looks best. If you would like to add another layer of color and flavor, grab some grape tomatoes and pile them up here and there and top with some balsamic glaze.

Then, melt your butter, add some fresh garlic and your seasoning of choice, and pour the garlic butter into a few of your small bowls. You can also whip together some sour cream, mayo, a



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dash of sugar and prepared horseradish to make another dip to fill the remaining few bowls on your tray.

Lastly, add some olives, pickles and other items, such as drained pickled beets or okra for acidity. Don't forget to offer your guests bloody mary's, full-bodied wine or the coldest cervezas you can find — *Certified Hereford Beef* can stand up to just about any spirit.

Ta-da — now, relish in your creation for a moment! Snap some photos of your grazing board before you treat your favorite guests. If you make this dish, don't forget to post it to the National Hereford Women's Facebook page for all of us to see! **HW**

Editor's note: Melissa LeLaCheur owns Southern Graze Co., a northeast Oklahoma company specializing in graze boards and boxes like charcuterie boards.

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Ultimate Beef Tenderloin

By Sabrina Snyder

Prep time: 8 minutes | Cook time: 22 minutes | Total time: 30 minutes

INGREDIENTS

- 5 pounds Certified Hereford Beef® tenderloin, trimmed
- 4 tablespoons unsalted butter, softened
- 2 tablespoons kosher salt
- 1 tablespoon coarse-ground black pepper

INSTRUCTIONS

1. Preheat oven to 500 F.
2. Tie tenderloin with kitchen twine so it is an even thickness all the way across.
3. Rub the tenderloin with softened butter and season with kosher salt and pepper.
4. Place into a large oven-safe skillet or baking pan. (A cast iron skillet works great for this.)
5. Roast for 22-25 minutes for medium rare (135 F), then let rest for 10 minutes (tented with a sheet of foil) before cutting slices against the grain to serve. **HW**