

Recipe adapted from [World Cuisine Recipes](#).



Nicaraguan Tenderloin

1-1/2 lbs. beef tenderloin
2 c Italian parsley leaves
6 to 8 cloves garlic
1 c olive oil
1/3 c red wine vinegar (or more to taste)
3 T water
Sea salt to taste
Ground pepper to taste

Place tenderloin lengthwise on a cutting board and slice the meat into 1/2-inch horizontal strips. Place the strips between two sheets of plastic wrap and carefully pound the meat with a mallet until 1/4-inch thick. Place the meat in a bowl and prepare the sauce.

For the sauce, combine the parsley and garlic in a food processor and chop until fine. Next add the olive oil, vinegar, water and seasoning and process to make the sauce. Test the sauce and adjust seasonings to your liking—the sauce should be highly seasoned. Place half of the sauce in a bowl and set it aside to serve with the steak. Pour the remaining half over the steak and let it sit for a minimum of 30 minutes, turning occasionally.

Finally preheat a grill pan over high heat. Oil the grate and place the tenderloin strips on the grill. Grill one to two minutes per side for medium-rare steak. Serve with the set aside sauce.