**BEEF & BLUE**

**1 serving**

**3 oz beef tenderloin , silverskin and fat removed, cut into 3 strips**

**Red Wine**

**Rover Spice (below)**

**Marinate beef in red wine, meanwhile set cast iron skillet over flame**

**Drain meat and coat lightly in Rover Spice**

**Place in HOT !!! skillet for 30-45 seconds**

**Turn and sear other side for 30-45 seconds**

**Cook time is for medium rare. Can be cooked in a 350 oven if higher temp is needed.**

**Serve chilled with French bread and blue cheese**

**ROVER SPICE**

**3 cups paprika**

**1 cup ground black pepper**

**1 cup garlic powder**

**1 cup dried oregano**

**½ cup dried Coleman’s mustard**

**1 cup ground white pepper**

**1 cup ground ginger**

**1 cup salt**

**½ cup cayenne**

**1 cup dried basil**

**1 cup dried dill**

**1 cup thyme**

**1 cup cumin**