

CONTINENTAL COOKBOOK

By Tammy Buchanan

Chef Aldo Grubich

CHEF ALDO GRUBICH IS AN ORIGINAL MEMBER of Continental Airlines' Congress of Chefs and a long-standing vendor partner. The culinary entrepreneur launched Aldo's Gourmet Pasta Sauces, which creates tantalizing sauces, sandwiches, wraps, and soups, in 1991. Later Grubich ventured back to his ancestral homeland of Italy, and in 1997 he established Aldo's Gourmet Imports, which acquires quality olive oils, vinaigrettes, and dry artisan pastas. In recent years, he opened the doors to his third culinary venture, Lancelot CV, which produces fresh and frozen Italian food products for distribution throughout Western Europe. Aldo's products are enjoyed onboard both domestic and international Continental Airlines flights and are also available in many specialty food stores throughout greater Houston. We spoke with our chef and asked him to share a favorite Peruvian recipe.

Q: What food reminds you of childhood?

A: Both Italian and Peruvian cuisine. After World War II my parents moved from Italy to Peru, where my two sisters and I grew up. My mother's kitchen was pure Italian, so when I discovered Peruvian food in the homes of my friends, I was in heaven! I'm so pleased that the culinary world has finally recognized the fantastic array of Peruvian ingredients and cuisine that I have enjoyed since childhood.

Q: If you weren't a chef, what would be your profession?

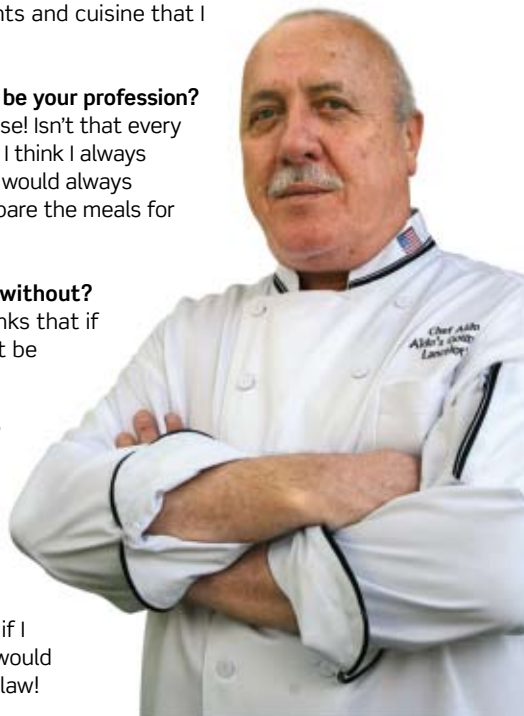
A: Professional soccer player, of course! Isn't that every Italian kid's dream? Seriously though, I think I always knew that cooking was my passion. I would always pester my mother to let me help prepare the meals for the whole family.

Q: What kitchen tool can't you live without?

A: Skillets of every size! My wife thinks that if you took away my skillets, I wouldn't be able to cook.

Q: What are your favorite pastimes?

A: My wife and business partner, Dana, and I are fortunate to live in an area fashioned after Venice, and we go boating from our backyard through the canals and lakes in our neighborhood. I have a Harley bike that I enjoy riding too. However, if I were to pick my favorite pastime, it would definitely be annoying my mother-in-law!



40 million

Number of sodas and juices boarded onto Continental flights annually



Apanado con Fettuccine Verde (Breaded Beef Tenderloin with Spinach Pesto Fettuccine)

Ingredients

1¼ cups	extra virgin olive oil
5	garlic cloves, sliced
½ lb.	baby spinach
1 cup	whole fresh basil leaves
½ cup	pecans, chopped
½ cup	queso fresco, crumbled
½ cup	shredded Parmesan
1½ tsp.	salt
1½ tsp.	pepper
1½ lbs.	beef tenderloin
½ cup	all-purpose flour
2	eggs, beaten
½ cup	bread crumbs
½ cup	crushed soda crackers
1 lb.	fettuccine, cooked

Instructions

1. Heat 2 tbsp. olive oil in a skillet; add sliced garlic and cook until light gold. Add spinach and sauté over medium heat for 2 minutes or until spinach wilts.
2. To make spinach pesto mixture, place spinach into food processor with basil, pecans, queso fresco, Parmesan, ½ tsp. salt, ½ tsp. pepper, and 1 cup olive oil. Puree until smooth.
3. Cut tenderloin into four pieces then pound until ¼-inch thick. Sprinkle both sides of meat with 1 tsp. each of salt and pepper.
4. Dredge meat in flour, dip in beaten eggs, and coat with bread crumb/cracker mixture.
5. Heat 2 tbsp. olive oil in a skillet over medium heat. Brown tenderloins on each side. Set meat aside on paper towels to drain.
6. Spoon spinach pesto into the skillet. Over medium heat, toss in cooked fettuccine until warm.
7. To plate, lay tenderloin in center with fettuccine bundle across top. Garnish with a basil leaf. Serves 4.