**Beef Carpaccio**

1 8oz cut of beef tender loin cleaned and trimmed

1oz 7 spice

1 Tbs cooking oil

2Tbs Worcestershire sauce

3 Tbs EVOO

2oz roasted and salted chopped pistachio

¼ cup red onion sliced or pickled red onion

2oz Arugula fresh

2oz feta cheese crumbles

Salt and pepper to taste

Crackers or Toast points

Place sauté pan on burner on high heat. When the pan is extremely hot add 1 Tbs cooking oil. While the pan is heating rub tenderloin with the 7 spice. When pan is smoking hot roll the tenderloin, cooking all sides briefly. Do not overcook! When done wrap in plastic wrap and place in freezer for 30 minutes.

After 30 minutes pull tenderloin out of freezer. With a very sharp knife begin to slice tenderloin very thinly. Place the sliced beef on serving dish of choice.

Pour Worcestershire sauce over top beef. Add Arugula to plate and sprinkle pistachio, Feta cheese and red onions. Drizzle EVOO over everything and salt and pepper to taste.

Place crackers or toast points to plate and serve cold.