



Roasted Beef Tenderloin w/ Red wine Sauce

Source: William Sonoma

Serving Size: 4 ~ 6

Before Cooking: 30 ~ 40 min

Prep Time: ~30 min

Cooking Time: ~45 min



NOTE: Request a trimmed and tied fillet. If you have to tie it yourself, tuck a few inches of the tannest end of the fillet

Directions

- Let the roast stand at room temperature for **30 to 40 minutes**.
- Preheat an oven to 400°F.
- Set the roast on a clean work surface and lay the rosemary sprigs lengthwise along the roast.
- Using **kitchen twine**, tie the rosemary to the roast at 2-inch intervals.
- Rub the roast with the garlic and season with salt and pepper.
- Preheat a large sauté pan over medium-high heat and warm the vegetable oil.
- Add the roast and brown, **3 to 4 minutes per side**.
- **MAKE THE SAUCE**
- Transfer the skillet to the oven and roast, **turning the beef occasionally**, until an instant-read thermometer inserted into the center of the meat registers 125°F for very rare to rare, **15 to 20 minutes**, or until done to your liking.
- Transfer the roast to a cutting board, cover loosely with aluminum foil and let rest for **5 minutes**.

SAUCE

- In a saucepan over medium-high heat, combine the shallots and wine and boil until reduced to 1/4 cup, **7 to 10 minutes**.
- Add the butter a few pieces at a time, whisking constantly until blended before adding more.
- Strain the sauce through a fine-mesh sieve and season with salt.
- Keep warm over very low heat, being careful not to boil.
- The red wine for the sauce is reduced to concentrate its flavor. To enrich the sauce, you can also add a bit of **Dijon mustard**.

Ingredient List

- 1 beef tenderloin roast, 2-1/2 to 3 lb.
- 3 fresh rosemary sprigs
- 1 garlic clove, minced
- Salt and freshly ground pepper, to taste.
- 1 Tbs. vegetable oil
- 4 shallots, minced
- 2 cups dry red wine
- 16 Tbs. (2 sticks) softened unsalted butter, cut into 1/2-inch pieces
- **Dijon mustard**.