



## kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-2802

### Beef Tenderloin with Red Wine Shallot Sauce

Serves 6

A juicy, tender cut of meat, this roasted beef tenderloin is complemented with a rich, red wine shallot sauce. A perfect holiday entrée, this recipe is a showstopper with its spectacular presentation and top notch delivery of flavor. With a few simple preparation steps and a digital thermometer to test for doneness, a perfectly roasted beef tenderloin is easy to achieve.

#### **Ingredients:**

1 (3 lb) beef tenderloin roast  
Kosher salt  
(1/2 teaspoon per pound of beef)  
Freshly ground black pepper  
(1/4 teaspoon per pound of beef)  
2 tablespoons fresh rosemary leaves, minced  
1 tablespoon fresh thyme leaves, minced  
2 tablespoons vegetable oil

#### **Red Wine Shallot Sauce Ingredients:**

4 tablespoons butter  
2 cups diced shallots  
1 tablespoon sugar  
1 tablespoon red wine vinegar  
2 tablespoons flour  
2 cups dry red wine  
6 fresh thyme sprigs  
2 fresh rosemary sprigs  
1 bay leaf  
3 cups beef stock

#### **Directions:**

1. Bring the beef to room temperature for about 20 minutes. Meanwhile, preheat the oven to 400° F.
2. Tie the beef tenderloin with butcher's twine to ensure even roasting. Generously season the beef with the kosher salt and pepper, rosemary, and thyme.
3. In a large, heavy bottomed skillet or sauté pan, heat the vegetable oil and sear the beef on all sides until well-browned.
4. Prepare the roasting pan by placing a wire cooling rack over the roasting or sheet pan. Place the seared beef on top of the wire rack.
5. Roast in the oven for 30-35 minutes until the internal temperature reaches 120° F for medium-rare.
6. Let the roast rest on a cutting board for 10 minutes to allow the juices to reabsorb.
7. Slice the beef and serve with the sauce.

#### **Red Wine Shallot Sauce Directions:**

1. In the skillet or sauté pan used to sear the tenderloin, melt the butter. Add the shallots and sauté until tender, about 5 minutes.
2. Sprinkle the shallots with the sugar and cook for another 4-5 minutes until some caramelization begins.
3. Add the vinegar, and cook until it reduces completely.
4. Sprinkle the shallots with the flour, and stir until the shallots are coated.
5. Add the red wine, beef stock, and herbs and bring to a simmer. Simmer uncovered for about 10-15 minutes, stirring occasionally until the flavors blend, and until the sauce reduces to about 1-1/2 cups.