



Beef Tenderloin with Mushroom Red Wine Sauce

When properly cooked, beef tenderloin has a melt-in-your-mouth tenderness. In this recipe, the meat is seared in the pan then roasted at high heat.

Mushroom Sauce:

1 small leek, white and pale green only
1 stalk celery
1 small carrot
1 tablespoon oil
2 tablespoons tomato paste
2 cups red wine
2 cups beef broth
1 clove garlic, chopped
1 tablespoon chopped fresh thyme leaves
1 bay leaf

1 tablespoon butter
1 tablespoon flour
1 tablespoon butter
2 cups sliced white mushrooms

1 lb beef tenderloin
1 teaspoon olive oil
Salt and pepper

Preheat oven to 450F.

Cut the leek lengthwise and rinse well; chop into small pieces (dice). Peel the carrot and cut into small pieces. Cut the celery into small pieces. Add oil to a sauté pan or skillet over medium heat. Add diced vegetables and cook, stirring occasionally, until browned (about 5 minutes). Reduce heat if vegetables start to burn.

Stir in tomato paste. Add 1/2 cup wine and cook, stirring, until almost evaporated. Add remaining wine, beef stock, chopped garlic, thyme and bay leaf. Bring to a boil and cook, uncovered, for about 30 minutes and reduced to 1 cup. Remove from heat and strain mixture; discard vegetables. Set stock aside. Keep sauté pan to cook mushrooms.

While stock is reducing, melt butter in small pan. Stir in flour and cook, stirring occasionally, about 5 minutes and 'roux' is light brown in colour.

In skillet, melt butter. Add sliced mushrooms and sauté until soft, about 5 minutes. Stir in roux; heat through. Gradually add reduced stock, stirring to mix. Bring to a boil and then keep on low heat until ready to use.

To prepare steak, heat 1 teaspoon oil in small skillet over medium heat. Sprinkle salt and pepper over beef tenderloin. Place in skillet and sear all sides. Transfer skillet to oven and roast 20 minutes. Remove from oven and transfer meat to a plate. Tent with foil and let stand 10 minutes.

To serve, slice beef tenderloin across the grain. Top slices with mushroom sauce. Makes 4 servings.