



'Tis The Season Tenderloin

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 (4-pound) beef tenderloin roast, trimmed & tied
- 1/4 cup beef broth (low-salt)
- 1/4 cup dry red wine
- 1/2 teaspoon all-purpose flour
- 1/4 teaspoon dried tarragon leaves
- 2 tablespoons shallots (chopped)
- 1 teaspoon fresh parsley (chopped)

Here's How

- Preheat oven to 425°F. Salt & pepper tenderloin.
- Heat oil in large skillet over medium-high heat. Depending on the size of the skillet, you may need to use two propane burners or cut the tenderloin in half.
- Add tenderloin and cook until golden brown all over, about 10 minutes.
- Transfer tenderloin to a roasting pan. (Keep browning skillet for sauce. Roast for about 35-40 minutes for medium rare or until the thickest part of the tenderloin reads 125°F.
- Transfer to a cutting board, cover with foil, and let rest for 10 minutes before slicing.
- In a medium bowl, whisk beef broth, dry red wine, flour, tarragon, and a dash of salt & pepper - set aside.
- Add another splash of olive oil to the initial browning skillet and heat over medium-high.
- Add shallots to skillet and sauté 1 minute.
- Add broth mixture to skillet and bring to a boil. Cook until reduced to 1/4 cup.
- Slice tenderloin. Serve with warm sauce and sprinkle with parsley.