

## Roast Tenderloin of Beef

1 lb. beef tenderloin roast \*  
2 tsp. soy sauce \*  
1 tsp. pepper \*  
1 clove garlic, minced \*  
2 shallots, minced \*  
1 tsp. olive oil \*  
1/3 cup dry red wine \*\*  
1-1/2 Tbs. Dijon mustard \*  
1 cup beef stock \*  
1/4 cup plus 1 tbs. evaporated skim milk

Preheat oven to 500F.

Rub soy sauce into meat.

Sprinkle with pepper and set aside 20 minutes.

Roast 10 minutes at 500, then lower oven temperature to 350 and leave in for 30 minutes.

It is very important that you do not open the oven door during this time.

Sauté garlic and shallots in oil in a skillet over medium heat for 3 minutes.

Add wine, increase heat to high and simmer 1 minute.

Stir with a spoon to de-glaze, add mustard, stock, and milk.

Bring to boil.

Stir frequently and reduce heat to medium.

Simmer 6 minutes, stirring frequently, or until sauce coats the back of a spoon. Reduce heat to low.

Continue stirring until thoroughly blended.

Cut tenderloin into slices and spoon sauce over meat.

