



## Dijon Roast Tenderloin of Beef

Prep: 10 min, Marinate: 20 min, Cook: 30 min.

2 tsp. soy sauce \*

1/3 cup dry red wine or chicken stock \*

1-1/2 lbs. beef tenderloin roast \*

1-1/2 Tbs. Dijon mustard \*

1 tsp. pepper \*

1 cup beef stock \*

2 tsp. olive oil \*

1/4 cup plus 1 Tbs. whipping cream

1 clove garlic , minced \*

2 Tbs. unsalted butter \*

2 shallots, minced \*

Preheat oven to 450F.

Rub soy sauce into beef tenderloin.

Sprinkle with pepper and set aside 20 minutes.

Heat oil in a heavy oven-proof skillet over high heat.

Sear beef 3 minutes, turning frequently, or until all sides are browned.

Transfer skillet to oven and roast 7 minutes per pound for medium rare meat. transfer tenderloin to a platter.

Tent loosely with foil and set aside 5 minutes before slicing.

Drain excess drippings from skillet.

Sauté garlic and shallots in same over medium heat 3 minutes or until golden.

Stir in wine.

Increase heat to high and simmer 1 minute.

Stir in remaining ingredients, except butter.

Bring to a boil, stirring frequently.

Reduce heat to medium.

Simmer minutes or until sauce coats the back of a spoon.

Remove from heat . Stir in butter until mixed thoroughly.

Cut tenderloin into 2 slices per serving and serve sauce over meat.