



#MakeItGAP

RECIPES

ROASTED BEEF TENDERLOIN WITH MUSHROOM AND WHITE WINE CREAM SAUCE

From Chrissy Haynes
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YIELD: 20-22 Twists

INGREDIENTS:

Beef Tenderloin

- 1 (4-5) pound whole beef tenderloin
- 2 Tbsp dijon mustard
- 1/4 cup peppercorns crushed, or fresh black pepper
- kosher salt
- 16 oz cremini mushrooms halved
- 1 Tbsp olive oil
- 2 Tbsp butter

White Wine Cream Sauce

- 1/2 cup white wine can also use chicken broth
- 2 Tbsp butter
- 2 teaspoons chopped fresh thyme
- 2 cups heavy cream or whole milk
- 1/3 cup grated parmesan
- kosher salt and pepper

PREPARATION:

Preheat the oven to 475°F. Rub the beef with mustard and season generously with peppercorns and salt. Heat a large skillet over medium-high heat and add the olive oil. When the oil shimmers, add the mushrooms in a large skillet and season with salt, and pepper. Cook 5 minutes or until just tender. Remove from the heat and place the beef over the mushrooms. Add the butter to the top of the beef. Transfer to the oven and roast until the beef registers 120 to 125°F for medium-rare/rare, about 35-45 minutes, depending on the size of your roast. It's best to use a meat thermometer. Remove the beef and mushroom from the skillet to a serving plate and cover with foil. Let rest 10 minutes before slicing.

Meanwhile, make the cream sauce. Place the same skillet used to roast the beef over high heat. Add the wine and scrape up any browned bits off the pan. Simmer 3-5 minutes or until the wine has reduced by about 1/3 to 1/2. Add the butter and thyme and continue cooking another 2 minutes until the butter has melted into the sauce. Slowly pour in the cream and bring the sauce to a boil. Reduce the heat to low and simmer 5 minutes or until the sauce has thickened slightly. Remove from the heat and stir in the parmesan. Season the sauce with salt and pepper.

Slice the beef and serve with the warm cream sauce and roasted mushrooms.

Recipe adapted from halfbakedharvest.com, recipe by Tieghan Gerard, December 5, 2016