

Lula

Roasted Beef Tenderloin with Creamy Mustard Sauce

Ingredients:

Beef:

1 (2 1/2 - 3 pound) center cut beef tenderloin, trimmed and tied
1/4 cup whole grain mustard
3 tablespoons extra-virgin olive oil
1 tablespoon coarsely chopped fresh thyme

Mustard Sauce:

1 tablespoon each extra-virgin olive oil and butter
2 shallots, finely chopped
1/4 cup brandy
1/2 cup heavy cream
2 tablespoons Dijon mustard
1 tablespoon chopped fresh parsley

Directions:

Preheat oven to 450 degrees.

For the beef: Pat tenderloin dry with a paper towel and season all sides with salt and pepper. In a large saute pan, coat the bottom with extra-virgin olive oil. Heat on medium-high until just smoking. Add the beef tenderloin and sear until nice and brown, about 3-4 minutes. Repeat on all sides.

On a large rimmed baking sheet, cover the bottom with aluminum foil (this makes for easier clean up). Place a rack on the foil and place the tenderloin on the rack. In a small bowl, mix together the whole grain mustard, olive oil and thyme. Spread mustard mixture over the tenderloin and place pan in the oven. Roast until temperature registers 120 degrees for medium-rare, approximately 15-20 minutes. Transfer tenderloin to a cutting board and let rest for at least 20 minutes.

While the beef is resting, make the mustard sauce. Heat a saute pan on medium heat and add olive oil and butter. Add shallots and cook until just tender, 2-3 minutes. Add the brandy and cook for another minute. Add cream and mustard, season with salt and pepper and cook stirring continually for another 2 minutes. Taste and adjust seasoning as needed.

Slice the beef in 1/2 inch thick slices and arrange on a platter. Pour the warm mustard sauce into a small serving bowl and serve along side the sliced meat. Serve with roasted red potatoes and sautéed greens. Enjoy this decadent dish with the award winning, 95 Point Lula Cellars 2017 Anderson Valley Pinot Noir!

