



Bacon-Wrapped Beef Tenderloin with Madeira

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon with boar's head) (20 slices)
- ☐ 10.5 ounce beef consomme undiluted canned
- ☐ 6 pound beef tenderloin trimmed
- ☐ 0.5 cup flat-leaf parsley fresh divided chopped
- ☐ 0.3 cup rosemary fresh chopped
- ☐ 0.3 cup thyme leaves fresh divided
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 1 cup madeira wine

- ☐ 7 ounce oyster mushrooms sliced
- ☐ 1 tablespoon pepper divided freshly ground
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup shallots minced
- ☐ 7 ounce mushroom caps sliced
- ☐ 10 servings garnish: herb sprigs fresh
- ☐ 3 tablespoons butter unsalted

Equipment

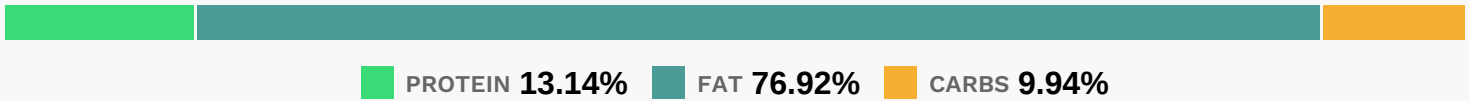
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Cut tenderloin in half crosswise; sprinkle both pieces evenly with 2 1/2 teaspoons pepper and salt.
- ☐ Combine 1/4 cup parsley, rosemary, and 3 tablespoons thyme; rub over beef. Fold narrow end of tenderloin under to achieve a uniform thickness.
- ☐ Wrap bacon around tenderloin pieces, and secure at 1" intervals with heavy string.
- ☐ Heat a 12" nonstick skillet over medium-high heat; add beef in 2 batches. Cook 8 to 10 minutes, turning often to brown all sides.
- ☐ Remove beef from pan, reserving 2 tablespoons drippings in skillet.
- ☐ Place beef on a rack in a large roasting pan.
- ☐ Bake at 400 for 40 to 50 minutes or until a meat thermometer inserted into thickest part of tenderloin registers 140 (rare) to 160 (medium) or to desired degree of doneness.
- ☐ Remove tenderloin to a serving platter, and cover with aluminum foil; let stand 10 minutes before slicing.

- ☐ Remove string.
- ☐ Meanwhile, heat reserved pan drippings in same skillet over medium-high heat; add shallots, mushrooms, and remaining 1 tablespoon thyme. Cook 3 minutes; add Madeira, stirring to loosen particles from bottom of pan.
- ☐ Add beef broth and consomm; bring to a boil. Boil 10 to 12 minutes or until reduced to about 3 cups.
- ☐ Remove from heat; add remaining 1/2 teaspoon pepper, remaining 1/4 cup parsley, and butter, whisking until butter melts.
- ☐ Slice tenderloin into 1/2"-thick slices; arrange on a serving platter.
- ☐ Garnish, if desired.
- ☐ Serve with Madeira sauce.
- ☐ Make Ahead: Cover and refrigerate uncooked bacon-wrapped tenderloins up to 24 hours.
- ☐ Let stand at room temperature 30 minutes before proceeding with the recipe.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:0.89, Inflammation Score:-9, Nutrition Score:10.293478281602%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 268.1kcal (13.4%), Fat: 21.78g (33.51%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.58g (1.75%), Cholesterol: 38.97mg (12.99%), Sodium: 842.73mg (36.64%), Alcohol: 2.47g (100%), Alcohol %: 0.67% (100%), Protein: 8.37g (16.74%), Vitamin K: 50.64µg (48.22%), Vitamin B3: 3.94mg (19.72%), Selenium: 11.17µg (15.95%), Phosphorus: 130.67mg (13.07%), Vitamin B6: 0.26mg (12.85%), Manganese: 0.25mg (12.63%), Potassium: 415.44mg (11.87%), Vitamin B1: 0.16mg (10.95%), Vitamin B2: 0.18mg

(10.41%), Vitamin A: 508.28IU (10.17%), Vitamin C: 8.17mg (9.9%), Vitamin B5: 0.88mg (8.85%), Iron: 1.41mg (7.81%), Fiber: 1.85g (7.39%), Zinc: 1.04mg (6.94%), Copper: 0.13mg (6.54%), Magnesium: 24.27mg (6.07%), Folate: 20.12µg (5.03%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.46µg (3.08%), Calcium: 28.89mg (2.89%), Vitamin E: 0.32mg (2.16%)