



Beef Tenderloin with Red-Wine and Marrow Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons tapioca/arrowroot flour
- ☐ 1 bay leaves (not California)
- ☐ 3 lb beef (3- to 4-inch-long) (6 bones)
- ☐ 1 cup beef broth
- ☐ 2.8 lb frangelico trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 10 peppercorns black

- ☐ 1 small carrots finely chopped
- ☐ 2 cups wine dry red (preferably Bordeaux)
- ☐ 2 large sprigs thyme sprigs fresh
- ☐ 1 tablespoon madeira wine
- ☐ 0.5 cup mushrooms chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups veal stock
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water
- ☐ 8 servings watercress

Equipment

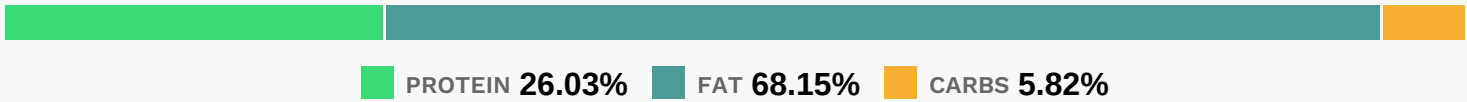
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Rinse marrowbones and soak in warm water to cover 10 minutes. Press on 1 bone with your thumb at end of bone with smaller opening, pushing marrow out other end. Discard bone and repeat with remaining bones.

- ☐ Cut marrow crosswise into 1/8-inch-thick rounds. Cover marrow with cold water in a bowl and chill, changing water twice, 24 hours.
- ☐ Boil wine, shallot, mushrooms, carrot, thyme, bay leaf, and peppercorns in a 3-quart heavy saucepan until reduced to about 1/2 cup, about 15 minutes.
- ☐ Add veal stock and return to a boil.
- ☐ Pour through a fine sieve into a 2-quart heavy saucepan, pressing on and discarding solids. Return sauce to a boil. Stir together arrowroot and Madeira and whisk into sauce. Simmer, whisking occasionally, until slightly thickened, about 2 minutes, then stir in salt and season with pepper.
- ☐ Preheat oven to 350°F.
- ☐ Pat beef dry and sprinkle with salt and pepper.
- ☐ Heat oil and butter in a small flameproof roasting pan over moderately high heat until foam subsides, then brown beef well on all sides, about 10 minutes. Put roasting pan with beef in middle of oven and roast until an instant-read thermometer inserted diagonally 2 inches into center registers 130°F for medium-rare, about 30 minutes.
- ☐ Transfer to a cutting board and let stand 10 minutes, then cut into 1/2-inch-thick slices.
- ☐ Bring broth, water, and salt to a simmer in a small saucepan.
- ☐ Drain marrow and transfer with a slotted spoon to saucepan. Poach at a bare simmer 8 minutes.
- ☐ Bring sauce to a simmer and add marrow using slotted spoon.
- ☐ Pour some sauce over sliced beef and serve remainder on side. If desired, arrange marrow rounds between beef slices with slotted spoon.
- ☐ • Sauce (before adding marrow) can be made 1 day ahead. Cool, uncovered, then chill, covered.

Nutrition Facts



Properties

Glycemic Index:43.73, Glycemic Load:2.21, Inflammation Score:-9, Nutrition Score:24.102608934693%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.75mg, Malvidin: 15.75mg, Malvidin: 15.75mg, Malvidin: 15.75mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg

Nutrients (% of daily need)

Calories: 543.48kcal (27.17%), Fat: 37.35g (57.46%), Saturated Fat: 14.28g (89.28%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.31g (2.29%), Sugar: 1.6g (1.78%), Cholesterol: 124.53mg (41.51%), Sodium: 511.31mg (22.23%), Alcohol: 6.49g (100%), Alcohol %: 1.44% (100%), Protein: 32.1g (64.2%), Vitamin K: 92.59µg (88.18%), Vitamin B12: 3.67µg (61.11%), Zinc: 7.35mg (49.01%), Vitamin A: 2186.87IU (43.74%), Vitamin B3: 8.32mg (41.61%), Selenium: 27.46µg (39.23%), Vitamin B6: 0.68mg (34.04%), Phosphorus: 326.35mg (32.63%), Vitamin B2: 0.39mg (22.68%), Potassium: 776.75mg (22.19%), Iron: 3.83mg (21.27%), Vitamin C: 16.31mg (19.77%), Magnesium: 45.53mg (11.38%), Vitamin B5: 1.11mg (11.1%), Copper: 0.2mg (10.02%), Vitamin B1: 0.14mg (9.3%), Manganese: 0.18mg (9.24%), Calcium: 88.22mg (8.82%), Vitamin E: 1.27mg (8.47%), Folate: 22.7µg (5.68%), Fiber: 0.87g (3.5%), Vitamin D: 0.21µg (1.39%)