



Gorgonzola-Stuffed Beef Tenderloin with Port Wine Sauce

READY IN



180 min.

SERVINGS



6

CALORIES



717 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound bacon thinly sliced
- ☐ 2.5 lbs center-cut beef tenderloin fat trimmed
- ☐ 0.5 cup bread crumbs dried plain
- ☐ 2 tablespoons butter
- ☐ 1.5 tablespoons chives divided chopped
- ☐ 5 tablespoons flat-leaf parsley divided chopped
- ☐ 2.5 teaspoons flour
- ☐ 1.5 teaspoons thyme leaves fresh divided chopped

- ☐ 12 ounces gorgonzola cheese divided at room temperature
- ☐ 0.5 tsp kosher salt
- ☐ 0.5 tsp pepper
- ☐ 750 ml fino port (not tawny or ruby)
- ☐ 1 shallots chopped

Equipment

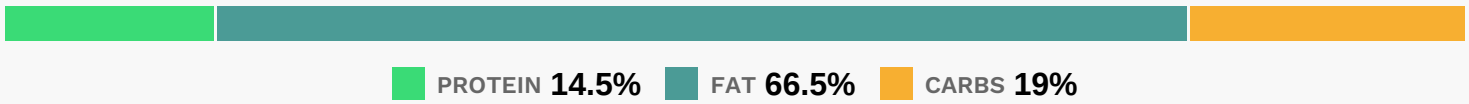
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Bring meat to room temperature, 1 to 1 1/2 hours. Meanwhile, make filling: Toast bread crumbs in a small frying pan over medium heat until deep golden brown, stirring, 4 to 5 minutes; let cool.
- ☐ Set aside 2 tbsp. gorgonzola and 1 tbsp. parsley and chill.
- ☐ Combine bread crumbs, remaining cheese, 3 tbsp. parsley, 1 tbsp. chives, and 1 tsp. thyme in a bowl until well blended. Chill until cold, 1 hour.
- ☐ Heat a grill to medium (350 to 450°F)
- ☐ with a burner turned off (for gas) or coals pushed to sides of firegrate (for charcoal) to make an indirect-heat area.
- ☐ Cut a lengthwise slit down center of meat to within 1 in. of underside and 1/2 in. from ends, forming two sections. In each section, center a slit parallel to first, with the same depth and length. Densely pack the three slits with filling. Press cut sides together. Season roast with 1/2 tsp. each salt and pepper.
- ☐ Lay meat cut side up. Wrap in bacon, overlapping ends under roast if bacon is long enough. Tie roast crosswise with kitchen twine at 1-in. intervals.

- ☐ Grill beef, covered, over direct heat until lightly browned, turning as needed (watch carefully), 10 to 15 minutes. Move meat to indirect heat and cook, covered, until an instant-read thermometer inserted into thickest part of meat (not filling) reaches 135, 25 to 35 minutes.
- ☐ Transfer to a platter, tent with foil, and let rest in a warm place 20 minutes.
- ☐ Meanwhile, bring port and shallot to a boil in a medium saucepan over high heat. Reduce heat to medium and simmer until reduced to 1 cup, 20 to 30 minutes. Strain; discard shallot. Melt butter in a small saucepan over medium heat.
- ☐ Add flour and cook 2 minutes, stirring.
- ☐ Add port and bring to a simmer. Stir in remaining 1 tbsp. parsley, 1/2 tbsp. chives, and 1/2 tsp. thyme. Season to taste with salt and pepper.
- ☐ Untie beef.
- ☐ Cut in 1-in. slices and arrange on a platter. Top with reserved gorgonzola and parsley.
- ☐ Pour some sauce around meat and serve remaining on the side.
- ☐ *Center-cut beef tenderloin is a splurge, but you can cut the cost by butchering a whole untrimmed tenderloin yourself (it's easy). Learn how at [sunset.com/beeftenderloin](https://www.sunset.com/beeftenderloin).

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:16.301739236583%

Flavonoids

Petunidin: 8.41mg, Petunidin: 8.41mg, Petunidin: 8.41mg, Petunidin: 8.41mg Delphinidin: 4.95mg, Delphinidin: 4.95mg, Delphinidin: 4.95mg, Delphinidin: 4.95mg Malvidin: 120.25mg, Malvidin: 120.25mg, Malvidin: 120.25mg, Malvidin: 120.25mg Peonidin: 4.98mg, Peonidin: 4.98mg, Peonidin: 4.98mg, Peonidin: 4.98mg Catechin: 12.5mg, Catechin: 12.5mg, Catechin: 12.5mg, Catechin: 12.5mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 716.86kcal (35.84%), Fat: 43.1g (66.3%), Saturated Fat: 20.66g (129.13%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 26.91g (9.79%), Sugar: 11.08g (12.31%), Cholesterol: 89.98mg (29.99%), Sodium: 1330.96mg (57.87%), Alcohol: 19.4g (100%), Alcohol %: 5.43% (100%), Protein: 21.14g (42.29%), Vitamin K: 58.85µg (56.05%), Calcium: 339.78mg (33.98%), Phosphorus: 335.02mg (33.5%), Selenium: 22.92µg (32.74%), Vitamin B1: 0.3mg (19.73%), Vitamin B2: 0.33mg (19.7%), Vitamin B3: 3.85mg (19.22%), Vitamin A: 908.49IU (18.17%), Vitamin B12: 1.01µg (16.91%), Zinc: 2.47mg (16.5%), Manganese: 0.3mg (15.06%), Vitamin B5: 1.43mg (14.26%), Vitamin B6: 0.28mg (13.85%), Potassium: 433.63mg (12.39%), Magnesium: 39.35mg (9.84%), Folate: 39.23µg (9.81%), Iron: 1.56mg (8.67%), Vitamin C: 6mg (7.28%), Copper: 0.14mg (7.13%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.51µg (3.4%), Fiber: 0.8g (3.21%)