



Herbed Fillet of Beef with Tomato Madeira Confit

 Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes diced drained canned
- ☐ 2 tablespoons garlic finely chopped
- ☐ 8 large garlic cloves
- ☐ 2 tablespoons kosher salt
- ☐ 1 cup madeira wine divided (preferably Verdelho)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 pound beef tenderloin roast trimmed

- ☐ 0.5 teaspoon rosemary finely chopped
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.3 teaspoon sugar
- ☐ 0.5 teaspoon thyme leaves finely chopped
- ☐ 0.3 cup water
- ☐ 0.5 california

Equipment

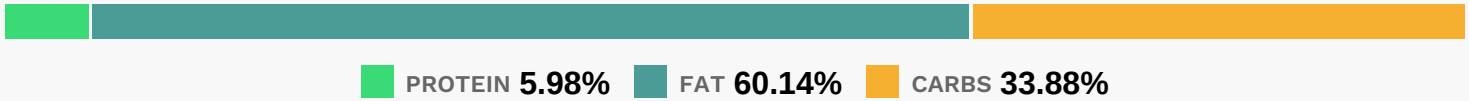
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Stir together garlic, shallot, herbs, oil, kosher salt, and 2 teaspoons pepper, then rub all over beef. Marinate in a sealed large bag, chilled, 1 day.
- ☐ Let stand at room temperature 1 hour before roasting.
- ☐ Cook garlic in oil in a large heavy skillet over medium-low heat, turning occasionally, until golden, 10 to 15 minutes.
- ☐ Add tomatoes, thyme, rosemary, bay leaf, sugar, 1/4 teaspoon table salt, 1/8 teaspoon pepper, and 1/2 cup Madeira and briskly simmer, stirring frequently and crushing tomatoes with a heatproof rubber spatula, until tomatoes start to break down and oil separates slightly, about 1 hour.
- ☐ Mash garlic into tomatoes with spatula, then stir in 1/4 cup Madeira. Discard bay leaf.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Roast beef in a 17- by 11-inch shallow heavy baking pan until an instant-read thermometer inserted into center of thickest part of meat registers 120°F, 35 to 45 minutes.

- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 15 to 20 minutes (temperature of meat will rise to about 130°F, for medium-rare).
- ☐ Meanwhile, add water and remaining 1/4 cup Madeira to baking pan and deglaze over medium-low heat, stirring and scraping up brown bits, 1 minute. Stir into tomato confit.
- ☐ Cut off and discard string from beef, then cut meat into 1/2-inch-thick slices.
- ☐ Serve with confit.
- ☐ Confit, without pan juices, can be made 3 days ahead and chilled, covered. Reheat and stir in pan juices from beef.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:36.26, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:8.1043478820635%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 151.32kcal (7.57%), Fat: 9.29g (14.3%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 9.43g (3.43%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 2031.69mg (88.33%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 2.08g (4.16%), Vitamin C: 20.81mg (25.23%), Vitamin E: 2.65mg (17.68%), Vitamin B6: 0.32mg (16.17%), Manganese: 0.3mg (15.02%), Iron: 2.27mg (12.62%), Potassium: 440.43mg (12.58%), Vitamin K: 11.44µg (10.89%), Fiber: 2.35g (9.39%), Copper: 0.16mg (8.14%), Calcium: 78.04mg (7.8%), Vitamin B3: 1.5mg (7.49%), Vitamin B2: 0.12mg (7.13%), Vitamin B1: 0.11mg (7.02%), Magnesium: 27.97mg (6.99%), Phosphorus: 55.33mg (5.53%), Vitamin A: 239.45IU (4.79%), Folate: 18.93µg (4.73%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.41mg (2.73%), Selenium: 1.03µg (1.48%)