



How to Make Roast Beef Tenderloin

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup porcini mushrooms dried
- 1 tablespoon tarragon fresh chopped
- 6 servings salt and ground pepper black to taste
- 0.3 cup heavy cream
- 2.5 pounds beef tenderloin roast trimmed
- 1 pinch salt
- 0.5 cup shallots sliced
- 0.3 cup tarragon vinegar

- 1 tablespoon butter unsalted
- 1 cup veal stock
- 1 tablespoon vegetable oil
- 1 cup warm water

Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Combine porcini mushrooms and water in a bowl; soak until soft, 1 hour.
- Drain and reserve liquid. Dice and set mushrooms and reserved liquid aside.
- Preheat oven to 325 degrees F (165 degrees C).
- Season beef generously with salt and pepper.
- Heat vegetable oil in a large ovenproof skillet over high heat.
- Place beef in the skillet; cook until brown on all sides, 5 to 8 minutes per side.
- Reduce heat to medium and stir in 1 tablespoon butter, shallots, and a pinch of salt; cook until shallots are soft and translucent, 5 to 7 minutes.
- Pour tarragon vinegar into the skillet and bring to a boil while scraping any browned bits off of the bottom. Stir until liquid is reduced by half, 2 to 4 minutes.
- Pour in veal stock, cream, 1/2 cup reserved mushroom liquid, mushrooms, salt, and pepper; stir to combine. Return beef to the skillet.
- Roast in the preheated oven until meat is medium rare, about 45 minutes. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).
- Transfer meat to a plate and loosely tent with foil. Set skillet over high heat and bring pan juices to a boil.

Stir in 1 tablespoon butter and tarragon; season with salt and pepper to taste. Return tenderloin and any accumulated juices to skillet and serve.

Nutrition Facts

PROTEIN 7.82% **FAT 69.2%** **CARBS 22.98%**

Properties

Glycemic Index:30.33, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:3.8686956672565%

Nutrients (% of daily need)

Calories: 100.09kcal (5%), Fat: 7.9g (12.15%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.1g (2.33%), Cholesterol: 16.22mg (5.41%), Sodium: 94.09mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Manganese: 0.19mg (9.38%), Vitamin B6: 0.14mg (6.85%), Copper: 0.14mg (6.77%), Potassium: 210.47mg (6.01%), Vitamin B2: 0.1mg (5.61%), Vitamin A: 254.42IU (5.09%), Vitamin K: 5.01µg (4.77%), Iron: 0.77mg (4.29%), Vitamin B5: 0.43mg (4.27%), Phosphorus: 39.35mg (3.93%), Fiber: 0.92g (3.69%), Magnesium: 14.45mg (3.61%), Vitamin B3: 0.72mg (3.6%), Folate: 13.72µg (3.43%), Calcium: 33.33mg (3.33%), Vitamin C: 2.27mg (2.76%), Selenium: 1.86µg (2.66%), Vitamin B1: 0.03mg (2.32%), Zinc: 0.34mg (2.29%), Vitamin E: 0.34mg (2.29%), Vitamin D: 0.25µg (1.7%)