



Pancetta-Studded Beef Tenderloin

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound tied beef tenderloin trimmed at room temperature
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup marsala wine dry
- ☐ 2 oz pancetta italian thinly sliced cut into 1/3-inch pieces (unsmoked cured bacon)
- ☐ 2 tablespoons currant jelly red
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup shallots finely chopped
- ☐ 1.5 tablespoons butter unsalted cut into bits
- ☐ 0.8 cup veal demiglace
- ☐ 2 tablespoons vegetable oil

Equipment

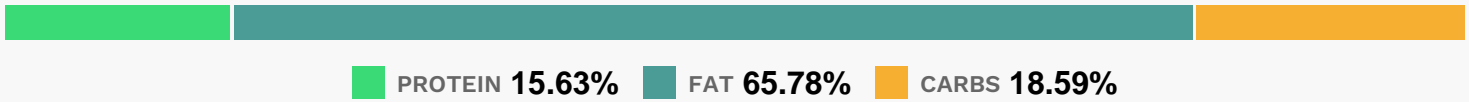
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pat beef dry and cut 1/2-inch-deep slits at 1-inch intervals all over roast, then insert 1 piece of pancetta into each slit.
- ☐ Sprinkle beef with kosher salt and pepper.
- ☐ Heat oil in a 12-inch heavy skillet over high heat until just smoking, then brown beef on all sides, about 5 minutes.
- ☐ Transfer beef to a small roasting pan, reserving skillet.
- ☐ Roast beef in middle of oven until an instant-read thermometer inserted diagonally 2 inches into center registers 120°F, about 25 minutes.
- ☐ Transfer beef to a cutting board and let stand, loosely covered with foil, 25 minutes. (Beef will continue to cook as it stands, reaching 130°F for medium-rare.)
- ☐ Heat reserved skillet over moderately high heat until oil is hot but not smoking, then saut é shallot until golden, about 2 minutes.

- ☐ Add red wine and Marsala and deglaze skillet by boiling, stirring and scraping up brown bits, until liquid is reduced by about one third.
- ☐ Add demiglace and jelly and briskly simmer, whisking, until jelly is incorporated, about 2 minutes.
- ☐ Add butter, 1 bit at a time, whisking until incorporated, then remove from heat.
- ☐ Whisk in salt and pepper.
- ☐ Pour sauce through a fine sieve into a bowl, pressing on solids.
- ☐ * We use Demi-Glace Gold, available in specialty foods shops, some supermarkets, and by mail order from More Than Gourmet (800-860-938
- ☐ or the demiglace/brown sauce from Citarella (212-874-0383).

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:4.3704348025115%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.23mg, Delphinidin: 1.23mg, Delphinidin: 1.23mg, Delphinidin: 1.23mg Malvidin: 14.73mg, Malvidin: 14.73mg, Malvidin: 14.73mg, Malvidin: 14.73mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 203.41kcal (10.17%), Fat: 13.04g (20.07%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.89g (2.87%), Sugar: 4.79g (5.32%), Cholesterol: 36.82mg (12.27%), Sodium: 962.29mg (41.84%), Alcohol: 3.63g (100%), Alcohol %: 1.43% (100%), Protein: 6.97g (13.95%), Vitamin B3: 2.53mg (12.67%), Vitamin B6: 0.18mg (8.8%), Vitamin K: 8.73µg (8.31%), Phosphorus: 79.69mg (7.97%), Vitamin B12: 0.43µg (7.17%), Zinc: 1.03mg (6.86%), Selenium: 4.52µg (6.45%), Vitamin B2: 0.09mg (5.51%), Vitamin B5: 0.46mg (4.58%), Potassium: 156.14mg (4.46%), Vitamin E: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.84%), Manganese: 0.06mg (3%), Magnesium: 11.28mg (2.82%), Copper: 0.06mg (2.81%), Iron: 0.46mg (2.56%), Folate: 7.85µg (1.96%), Vitamin A: 91.58IU (1.83%), Vitamin C: 1.38mg (1.67%), Fiber: 0.4g (1.6%), Calcium: 12.04mg (1.2%)