



Roast Beef with Wild Mushroom Sauce and Caramelized-Shallot Mashed Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 6 servings beef
- ☐ 2.5 pound frangelico trimmed well
- ☐ 4 tablespoons brandy divided
- ☐ 8 ounces chanterelles fresh packed sliced (4 cups lightly)
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon thyme sprigs fresh divided minced
- ☐ 3 garlic clove divided pressed

- ☐ 4 tablespoons olive oil divided for brushing
- ☐ 2 tablespoons parsley fresh italian minced
- ☐ 2 tablespoons shallots minced
- ☐ 6 servings shallots mashed
- ☐ 0.5 cup whipping cream

Equipment

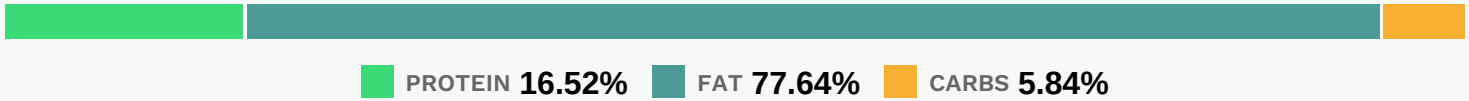
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Mix 1 tablespoon thyme, 2 teaspoons coarse salt, and 2 pressed garlic cloves in small bowl. Rub salt mixture over beef tenderloin. Wrap in plastic.
- ☐ Place in 11x7x2-inch baking dish and chill at least 1 day and up to 3 days.
- ☐ Heat 3 tablespoons oil in heavy large skillet over high heat.
- ☐ Add oyster and chanterelle mushrooms and sauté until browned, about 8 minutes.
- ☐ Add minced shallot, 1 pressed garlic clove, and 1 teaspoon thyme; sauté 2 minutes.
- ☐ Add 2 tablespoons brandy and stir 20 seconds.
- ☐ Add cream; stir until almost all liquid is absorbed, about 3 minutes. DO AHEAD: Can be made 2 hours ahead. Cover and let stand at room temperature.
- ☐ Preheat oven to 400°F.
- ☐ Brush heavy large roasting pan with oil.
- ☐ Heat remaining 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add beef tenderloin and cook until browned on all sides, about 5 minutes Total.

- ☐ Transfer to prepared roasting pan. Roast until instant-read thermometer inserted into center registers 118°F for rare, about 28 minutes.
- ☐ Transfer beef to cutting board; let rest 10 minutes.
- ☐ Meanwhile, rewarm mushroom mixture.
- ☐ Sprinkle flour over; stir to coat.
- ☐ Add remaining 2 tablespoons brandy to roasting pan.
- ☐ Heat over medium heat, scraping up browned bits, then add to mushroom mixture.
- ☐ Add Beef Reduction to mushrooms and bring to boil. Reduce heat to medium-high and simmer until slightly thickened, about 5 minutes. Stir in remaining 1 teaspoon thyme. Season to taste with salt and pepper.
- ☐ Thinly slice beef. Divide Caramelized-Shallot Mashed Potatoes among 6 plates. Arrange beef slices on plates. Spoon mushroom sauce over, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:13.659999992536%

Flavonoids

Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 414.87kcal (20.74%), Fat: 33.75g (51.92%), Saturated Fat: 12.38g (77.39%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.86g (1.4%), Sugar: 1.39g (1.54%), Cholesterol: 82.76mg (27.59%), Sodium: 842.81mg (36.64%), Alcohol: 3.34g (100%), Alcohol %: 1.17% (100%), Protein: 16.16g (32.32%), Vitamin B12: 1.85µg (30.85%), Vitamin K: 29.71µg (28.3%), Vitamin B3: 5.28mg (26.41%), Zinc: 3.95mg (26.36%), Selenium: 14.87µg (21.24%), Iron: 3.47mg (19.25%), Phosphorus: 176mg (17.6%), Vitamin B6: 0.34mg (16.88%), Vitamin D: 2.41µg (16.04%), Vitamin B2: 0.26mg (15.31%), Potassium: 476.38mg (13.61%), Vitamin E: 1.89mg (12.59%), Copper: 0.21mg (10.44%), Manganese: 0.19mg (9.45%), Vitamin B5: 0.92mg (9.21%), Vitamin A: 459.61IU (9.19%), Fiber: 1.85g (7.39%), Magnesium: 24.87mg (6.22%), Vitamin C: 4.57mg (5.55%), Calcium: 45.7mg (4.57%), Vitamin B1: 0.06mg (4.26%), Folate: 13.86µg (3.46%)