



## Roast Tenderloin of Beef with Cornichon Tarragon Sauce

 Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 servings roasted baby carrots (with butter and chopped chives), as needed
- 10 servings roasted cauliflower florets as needed
- 4 tablespoons dijon mustard
- 16 dill gherkins french julienned ( pickles)
- 4 teaspoons tarragon dried
- 2 cups cooking wine dry white
- 4 teaspoons tarragon leaves fresh minced

- 10 servings grape tomatoes as needed
- 1.5 pounds green beans trimmed
- 2 tablespoons heavy cream
- 10 servings kosher salt and pepper black freshly ground
- 2 tablespoons mustard seeds
- 3 tablespoons olive oil
- 10 servings roasted new potatoes (with olive oil and chopped rosemary leaves), as needed halved
- 1 medium onion red thinly sliced
- 0.3 cup red wine vinegar
- 4 pound beef tenderloin roast trimmed
- 4 medium shallots minced
- 1 tablespoon sugar
- 6 tablespoons butter unsalted softened
- 4 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- kitchen thermometer
- aluminum foil
- stove
- colander

## Directions

- Make the Beef and Sauce: Preheat the oven to 450 degrees F. and season the tenderloin with salt and pepper.
- Heat the oil in a large skillet over medium-high heat until almost smoking.
- Add the roast and cook, turning often, until browned on all sides, 5 to 7 minutes.
- Transfer the skillet to the oven and roast for 25 to 30 minutes or until a meat thermometer inserted into the center registers 130 degrees F for medium rare.
- Transfer the roast to a warmed platter and cover loosely with foil.
- Place the roasting skillet on top of the stove, being careful not to touch the hot handle with bare hands.
- Add the wine, shallots, and dried tarragon and bring to a boil over high heat. Cook rapidly, stirring to pick up any browned bits in the bottom of the skillet, until reduced to 1/4 cup.
- Add the cornichons, cream and any meat juices that have accumulated on the platter. Simmer for 3 minutes longer. Reduce the heat to low and whisk in the butter, mustard, fresh tarragon, and salt and pepper, to taste.
- Cut the beef crosswise into 1/4-inch thick slices. Decoratively arrange the beef, sauce, and garnish on a large platter.
- Serve hot or at room temperature.
- Heat 1 tablespoon oil in a heavy skillet over moderate heat until hot but not smoking, then cook mustard seeds, stirring, until they pop and are 1 shade darker, about 2 minutes.
- Transfer oil with seeds to a large bowl.
- Simmer vinegar and sugar in a small saucepan, stirring, until sugar is dissolved, then cool 5 minutes.
- Heat remaining 2 tablespoons oil in cleaned skillet over moderately high heat until hot but not smoking, then cook onion, stirring, until golden brown, 8 to 10 minutes.
- Remove from heat and stir in vinegar, then add to mustard oil in large bowl.
- Have ready a large bowl of ice and cold water.
- Cook beans in a pot of boiling salted water until crisp-tender, about 5 minutes.
- Drain in a colander and plunge into ice water to stop cooking, then drain well.
- Toss beans with vinaigrette and salt and pepper, to taste.
- Serve at room temperature or chilled.

## Nutrition Facts

PROTEIN 5.57% FAT 65.27% CARBS 29.16%

## Properties

Glycemic Index:54.71, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:16.798695623875%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

## Nutrients (% of daily need)

Calories: 284.84kcal (14.24%), Fat: 18.98g (29.2%), Saturated Fat: 6.57g (41.09%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 13.49g (4.91%), Sugar: 9.55g (10.61%), Cholesterol: 21.45mg (7.15%), Sodium: 145.56mg (6.33%), Alcohol: 4.94g (100%), Alcohol %: 1.4% (100%), Protein: 3.65g (7.29%), Vitamin A: 12653.24IU (253.06%), Vitamin K: 51.39µg (48.94%), Manganese: 0.62mg (31.14%), Fiber: 5.59g (22.35%), Vitamin C: 15.2mg (18.43%), Folate: 63.56µg (15.89%), Vitamin B6: 0.32mg (15.86%), Iron: 2.76mg (15.34%), Potassium: 529.6mg (15.13%), Magnesium: 52.31mg (13.08%), Selenium: 8.28µg (11.83%), Vitamin E: 1.7mg (11.31%), Phosphorus: 103.55mg (10.35%), Calcium: 100.68mg (10.07%), Vitamin B2: 0.16mg (9.38%), Copper: 0.18mg (9.21%), Vitamin B1: 0.13mg (8.75%), Vitamin B3: 1.38mg (6.91%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.7mg (4.66%), Vitamin D: 0.17µg (1.16%)