



Roasted Beef Tenderloin with Crawfish Bordelaise Sauce

YIELD: Makes 4 servings

COOKING TIME: Prep 30 minutes Cook 55 minutes Ready 1 hr 30 min

WINE SUGGESTION: 2017 Cabernet Sauvignon, Sonoma Valley

Roasted Beef Tenderloin

INGREDIENTS

- 1 ½ pound trimmed beef tenderloin roast (3 ½ inches in diameter)
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 1 tablespoon fresh rosemary, minced
- 1 teaspoon ground black pepper
- 2 cloves garlic, mashed

PREPARATION

Preheat oven to 425° F. Pat beef dry. Heat 1 tablespoon of olive oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown beef (excluding ends), turning occasionally, about 6 minutes total. Transfer beef to a shallow roasting pan, reserving pan drippings in skillet.

Stir together rosemary, garlic, salt, pepper, and remaining 1 tablespoon of olive oil until mixture resembles a green paste. Pat mixture onto top and sides of meat to coat evenly and roast in middle of oven until an instant-read thermometer inserted diagonally 2 inches into meat registers 130° F for medium-rare, 25 to 30 minutes.

Let meat stand in roasting pan 5 minutes. Transfer meat to a cutting board. Cut into 1/2-inch-thick slices, spoon meat juices from skillet over slices and top with Bordelaise sauce.

Crawfish Bordelaise Sauce

INGREDIENTS

- 1 teaspoon olive oil
- 2 teaspoons garlic, chopped
- ¼ cup yellow onion, chopped
- ½ cup dry red wine
- ½ pound peeled crawfish tails
- 1 cup duck stock
- ½ teaspoon salt
- 1 tbsp parsley leaves, finely chopped
- 1/8 teaspoon cayenne pepper
- 3 tbsp green onions, sliced & separated
- 2 tablespoons shallots, minced
- 1 tablespoon unsalted butter
- ½ cup Italian plum tomatoes, chopped & seeded

PREPARATION

About 5 to 10 minutes before taking the tenderloin out of the oven, heat oil in a sauté pan over medium heat. Add the onions and white bottoms of green onions and cook, stirring, for 1 minute. Add the crawfish tails, salt, and cayenne and cook, stirring for 2 minutes. Add the shallots, garlic and tomatoes and cook, stirring for 2 minutes. Add the wine and simmer for 4 minutes. Add the stock, parsley and green onion bottoms and simmer until slightly thick, about another 5 minutes. Add the butter and stir to combine, about 20 seconds.

