

## Featured Recipe

### Whole Roasted Beef Tenderloin with Cabernet Sauvignon Sauce

6 Servings

*Using the method set forth in this recipe will produce a roast that has a nice sweet caramel-tasting brown outside without overcooking the inside. This recipe can be prepared without freezing, but you have more control over achieving a rare to medium-rare tenderloin if you freeze before roasting.*

- 1 whole Beef Tenderloin, (3-3 ½ pounds), well trimmed
- sea salt
- 3 tablespoons beef concentrate
- 3 tablespoons grapeseed oil, or peanut oil or corn oil
- 2 tablespoons unflavored gelatin
- 2 cups Burgundy, or other full-bodied red wine

Peel the tough muscle tissue and fat from the tenderloin and make more uniform in shape by trimming the bull nose and cutting off the narrow tip end. Lightly salt on all sides and rub in. Stir together the beef concentrate and oil and rub the meat well with this mixture. Push the narrow end in and press the fat end out. If time allows to freeze, double-wrap the tenderloin with heavy-duty plastic freezer wrap. Place the meat on a pan and freeze solid. Allow 2 days in the freezer. If not freezing the tenderloin sear the coated tenderloin on all four sides as stated below.

Preheat the oven to 425° F.

Heat an unlined heavy iron grill smoking hot on top of the stove or use a hot grill. Remove the hard-frozen tenderloin from the freezer and unwrap or use the unfrozen meat and sear on all four sides. Sprinkle the gelatin over the red wine in a measuring cup. Place the seared meat on a double thickness of heavy-duty aluminum foil in a jelly-roll pan and form the foil into a "canoe." Pour the wine-gelatin mixture over the meat. Loosely close the top of the canoe and roast 20-25 minutes, depending on the size and if using frozen or unfrozen. Use an instant-read thermometer to check the temperature in the middle of the roast. It will not be done, but at this point you can remove and refrigerate the roast until ready to finish cooking for up to 4 days.

Open the foil to expose the top of the meat and roast 15 to 25 minutes, or until the internal temperature reads 130° F for medium-rare, 140° F if aiming for medium.

(NOTE: You can roast the tenderloin in a 150° F oven for 6 hours and it will come out medium. This slow roasting is a good technique to remember. The meat cannot get above the oven temperature.)

Allow the roast to stand 15 to 20 minutes before serving. The roast will continue to cook approximately 10 more degrees and it will relax and hold-in its juices when sliced. Slice into 1/2 inch slices. Dress the plate with Cabernet Sauce, lay the sliced meat on top of the sauce. Using a squirt bottle, drizzle a thin line of sauces, such as Roasted Red Bell Pepper Sauce, Arugula Butter Sauce, or Reduced Balsamic Vinegar around the outer edge.

NOTES: The nice sweet caramel-tasting brown exterior of this roast is produced by a process known as the Maillard reaction. It is a series of complex reactions between certain sugars and proteins that produce a sweet caramel-tasting brown product at a much lower temperature. Everything from baked goods to fried foods and roasts will get this nice rich-tasting brown coating from these complex reactions of sugars and proteins caused by heat. There are three conditions that are necessary in order for this lower-temperature browning to work: proteins, reducing sugars, and a nonacidic environment. Acids will prevent browning. Glucose sugars like corn syrup are most reactive with an exposed amino group from protein and brown at lower temperatures than others. You can make a basting solution by mixing a combination of corn syrup, melted butter (which contains both sugars and proteins) and consomme.

### Cabernet Sauvignon Sauce

6 Servings

- 1 shallot, chopped
- 1 clove garlic, chopped
- 3 cups Cabernet Sauvignon wine
- 2 tablespoons balsamic vinegar
- 1 tomato, chopped, peeled and seeded
- 3 cups beef broth
- 1 tablespoon thyme
- ¼ cup butter

Combine wine, vinegar, thyme, shallots, garlic and tomato. Reduce over medium heat. Add beef broth and reduce again by half. Strain and whisk in butter.