

# Beef Tenderloin with Tarragon-Mustard Sauce

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## Servings: 6

NOTES: do buy a tenderloin that has been cleaned and trimmed of the silverskin. If you do it yourself, allow about 45-60 minutes time to complete it for a full tenderloin.

1. SAUCE: In a small saucepan place the vermouth, vinegar, shallots, tarragon and pepper. Bring to a boil and reduce quantity to about a third (solids and liquids combined). Strain and set aside.
2. In a 2-quart saucepan, melt butter over medium heat. Add cornstarch and cook for one minute. Slowly whisk in the chicken broth and cream. Bring to a simmer. Add the vermouth mixture.
3. In a small bowl temper the egg yolks with about 2-3 T of the sauce, then add to the sauce. Whisk and stir over low heat for about a minute. Add the coarse-grain mustard and adjust seasonings. May be made up to a day ahead. Gently reheat just before serving.
4. BEEF: Preheat oven to 450°F. In a large skillet, heat the oil over medium-high heat. Season the tenderloin with salt and pepper. When the oil is hot, sear tenderloin on all sides for about 10 minutes total time.
5. Transfer tenderloin to a roasting pan and place in the hot oven. Roast until a meat thermometer registers 130°F for medium-rare, about 20-25 minutes.
6. Remove meat from the roasting pan and place on carving board. Tent lightly with foil and allow to rest for 10 minutes before slicing and then serve with the heated sauce, passing more at the table.

### MOCK BEARNAISE SAUCE:

- 3/4 cup vermouth
- 1/4 cup white Balsamic vinegar
- 2 tablespoons shallots, minced
- 2 tablespoons fresh tarragon, chopped
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons unsalted butter
- 2 tablespoons cornstarch
- 1 1/4 cups low-sodium chicken broth
- 1/4 cup heavy cream
- 4 large egg yolks
- 1 1/2 tablespoons mustard, regular, coarse grain
- salt and freshly ground black pepper to taste

### BEEF:

- 1 tablespoon vegetable oil
- 3 pounds beef tenderloin, center cut (trimmed of silverskin and sinews)
- salt and freshly ground black pepper to taste

*Per Serving (excluding unknown items): 840 Calories; 66g Fat (74.5% calories from fat); 45g Protein; 6g Carbohydrate; trace Dietary Fiber; 330mg Cholesterol; 182mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 9 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**