

Beef Tenderloin Medallions with Madeira Wine Sauce

Ingredients:

2 Beef Tenderloin approximately 5-6 ounces each

Salt and pepper

2 tablespoons high heat oil or clarified butter

1 tablespoon chopped shallots

3 tablespoons unsalted butter

1 tablespoon flour

1 cup beef stock

1/2 cup Madeira wine

1/2 cup sliced sautéed cremini mushrooms (optional)

1 tablespoon beef demi-glaze. This gives a little richer flavor to the sauce and can be found at most markets, usually near the beef broth, or in the freezer section

Chopped fresh Italian parsley for garnish (optional)

Directions:

1. Season the beef with salt and pepper on both sides. In a heavy bottom pan, heat the oil over medium high heat. Once the oil is shimmering and hot, place the beef tenderloin in the pan and cook until golden brown on both sides. About 6-7 minutes per side for medium doneness. Transfer the beef to a plate.
2. Turn the heat down to medium and in the same pan, add 2 tablespoons of unsalted butter. Then stir in the chopped shallots. Once the shallots are fragrant stir in the flour. Once the flour is incorporated, about 30 seconds to one minute, whisk in the beef stock and then the Madeira wine.
3. Continue whisking and cooking until the sauce is slightly reduced and thickened just a bit. Add salt and pepper to taste.
4. Ladle a bit of sauce on a plate and place a tenderloin on top with any remaining beef juices from the beef plate. Garnish with chopped fresh Italian parsley and serve immediately.

Yield: 2 servings