

Beef Tenderloin Dijon

Rich and full of flavor with
Dijon and wine sauce



SERVINGS
8

PREP TIME
10 MINUTES

COOK TIME
30 MINUTES

INGREDIENTS

2 tsp. soy sauce	1 tsp. pepper	1 clove garlic , minced
1/3 cup dry red wine or chicken stock	1 cup beef stock	2 tbs. unsalted butter
1 1/2 lbs. Mazzulo's beef tenderloin roast	2 tsp. olive oil	2 shallots, minced
1 1/2 tbs. Dijon mustard	1/4 cup plus 1 tbs. whipping cream	

DIRECTIONS

Preheat oven to 450°. Rub soy sauce into beef tenderloin. Sprinkle with pepper and set aside to marinate for 20 minutes.

Heat oil in a heavy oven-proof skillet over high heat. Sear beef 3 minutes, turning frequently, or until all sides are browned.

Transfer skillet to oven and roast 7 minutes per pound for medium rare meat. Transfer tenderloin to a platter. Tent loosely with foil and set aside 5 minutes before slicing.

Drain excess drippings from skillet. Sauté garlic and shallots in same over medium heat 3 minutes or until golden. Stir in wine. Increase heat to high and simmer 1 minute. Stir in remaining ingredients, except butter. Bring to a boil, stirring frequently. Reduce heat to medium.

Simmer minutes or until sauce coats the back of a spoon.

Remove from heat. Stir in butter until mixed thoroughly.

Cut tenderloin into 2 slices per serving and serve sauce over meat.

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