

Beef Tenderloin Roast

4-5lb beef tenderloin roast, cleaned and tied
4 shallots, sliced
2 garlic cloves, chopped
1 cup beef stock
½ cup red wine

2 tbs butter
½ bunch thyme
2 tbs Olive oil
Salt and pepper
1-2 tbs truffle butter (optional)

Preheat oven to 400 degrees. Let roast sit out for 10 minutes. Place a roast pan on the stove at medium-high heat. Sprinkle roast with salt and pepper. Add oil to pan and gently place roast in pan. Sear on 2-3 sides, for 3-4 minutes per side (if pan starts to smoke, lower heat). Remove roast from pan and place a rack in pan. Place roast back in pan and put in the oven. After 10 minutes, reduce heat to 350. Cook for another 10 minutes, then check it with a meat thermometer, 125-130 degrees for medium rare, 135 for medium. Remove roast from pan and tent with foil. Let rest 8-10 minutes before slicing. Remove rack from pan and place on stove at medium heat. Add butter to pan, then shallots. Cook until just starting to brown, 3-4 minutes. Add garlic and thyme and cook for 1 minute. Add red wine and reduce until thick, about 2 minutes. Add beef stock and simmer for 5 minutes. Remove from heat and discard thyme, (add truffle butter here if using).

Slice tenderloin and spoon sauce over. Enjoy!

**292 Forest St.
Needham, MA 02492**



**781.444.2351
www.volantefarms.com**