

Beef Tenderloin with Mustard and Tarragon Sauce

Category: Beef

Servings: 4

Rating: 10

Source: Bon Appetit, April 2003

Description:

We had this with baked asparagus and potatoes mashed with garlic and corn. A bottle of '97 Raymond Cab and it was a great meal! Another meal included Potatoes Lyonnaise, baked tomatoes, and a '04 Twenty Bench Cab. Also great!

Ingredients:

vegetable oil	1 1/2 tablespoons
shallot	1/4 cup, chopped
beef broth	1 cup, low salt
white wine	1/2 cup
brandy	1/4 cup
cream	1/2 cup
butter	2 tablespoons
garlic	2 cloves, chopped
spinach	15 ounces
beef tenderloin	4x7 ounce filets, 1" thick
tarragon	1 tablespoon, chopped fresh
coarse-grained mustard	2 tablespoons, preferably Dijon

Instructions:

Cook shallots in a covered pan in oil over medium-high heat until soft and browned. Add stock, wine, and brandy and boil until slightly reduced, about 6 minutes. Add cream and boil until reduced to about 3/4 cup. Set sauce aside.

Melt butter over medium-high heat and sauté the garlic for about a minute. Add spinach steadily as it wilts and when all the spinach is wilted, season with salt and pepper and set aside.

Heat remaining 1/2 tablespoon of oil in a heavy pan over high heat. Sprinkle the steaks with salt and pepper and sauté until cooked as desired, about 4 minutes per side for rare. For medium rare, set the steaks in a separate (preferably warmed) pan and place in a 350°, pre-heated oven for 4 more minutes.

Divide the spinach among the plates and place a steak on top of the spinach. Add the sauce, mustard, and tarragon to the skillet and boil until slightly thickened, scraping up any browned bits from the pan. Season with salt and pepper and spoon the sauce over the steaks. Add any accompanying vegetables and serve.