

Herb Garlic Beef Tenderloin with Pancetta and Roasted Mushrooms

From a cooking class with Phillis Carey, Dec. 2010



Servings: 6

BEEF:

- 2 cloves garlic, minced
- 1 tablespoon fresh thyme, minced
- 1 tablespoon fresh rosemary, minced
- 1 large shallot, minced
- 2 1/4 pounds beef tenderloin, center cut
- 6 ounces pancetta
- Salt and coarsely ground black pepper

MUSHROOMS:

- 6 ounces oyster mushrooms
- 6 ounces shiitake mushrooms, stemmed, halved
- 12 ounces crimini mushrooms, halved
- 1/4 cup olive oil
- 1/4 cup shallots, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh rosemary, chopped

SAUCE:

- 3/4 cup beef broth
- 3 tablespoons brandy
- 1 tablespoon unsalted butter, chilled

Per Serving (excluding unknown items): 776 Calories; 53g Fat (61.9% calories from fat); 45g Protein; 29g Carbohydrate; 5g Dietary Fiber; 146mg Cholesterol; 1022mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 7 1/2 Fat.

1. BEEF: Mix garlic, thyme, rosemary and shallot in small bowl. Sprinkle beef with salt and pepper, then rub herb mix over. Place beef in a roasting pan (center). Overlap pancetta slices on top to cover the meat. May be refrigerated up to this point for up to 24 hours.
2. MUSHROOMS: About an hour ahead mix mushrooms, olive oil, shallots, garlic and fresh herbs in a large bowl.
3. ROASTING: Preheat oven to 450°. Roast the beef for 15 minutes. Remove the pan just long enough to pour the mushroom mixture around the outside of the beef. Insert a meat thermometer in the center of the beef. Return pan to oven and roast for about another 10-15 minutes, or until the meat thermometer registers 120° (medium rare) or at the most, 125°. Stir the mushrooms once during the roasting time. Transfer beef to a warmed platter, surround it with the roasted mushrooms and tent the platter for about 15 minutes before slicing and serving.
4. Meanwhile, place roasting pan across two burners on the stove. Add broth and brandy to the pan; bring to a boil, scraping up any browned bits. Remove from heat and using a flat whisk, add the cold butter. Season with salt and pepper. Serve these juices over the beef and mushrooms.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>