

Brown Sugar Crusted Beef Tenderloin with Cranberry Wine Sauce

This festive beef dish will make the perfect main entrée for your holiday gatherings.

Ingredients

- 1 3lb trimmed Beef Tenderloin, tied (even thickness)
- 2 tablespoons Extra Virgin Olive Oil + additional
- 2 ½ teaspoons Kosher Salt (or other coarse salt)
- fresh ground Black Pepper to taste
- 2 tablespoons finely chopped Garlic (about 10 cloves)
- 4 tablespoons Light Brown Sugar

Cranberry Wine Sauce

- 2 cups Cranberries (about 6 oz)
- 3 tablespoons + 1 tablespoon Light Brown Sugar divided
- ¼ cup finely chopped Shallots (about 1 large shallot)
- 4 tablespoons Unsalted Butter, room temperature
- 2 cups Beef Stock
- 2 cups Dry Red Wine (Cabernet or Merlot recommended)
- 1 Cinnamon Stick
- 4 Cloves
- 2 tablespoons all-purpose Flour
- Salt to taste

Preparation

Preheat oven to 425 degrees with rack in the center.

Toss cranberries and 3 tablespoons brown sugar on a small baking sheet. Bake until cranberries burst and release their juices, about 10 minutes. Remove and set aside.

Pat beef dry and rub with 2 tablespoons of oil. Sprinkle with kosher salt and a generous amount of black pepper. Evenly distribute garlic and press in. Sprinkle with 4 tablespoons brown sugar. Set aside to allow beef to reach room temperature.

Heat 2 tablespoons butter in a medium saucepan on medium-high heat, add shallots and sauté until softened. Add beef broth, wine, cinnamon stick and cloves and bring to a boil until liquid is reduced to half, about 20 minutes. Remove from heat. Carefully remove cinnamon stick and cloves. Add cranberry mixture and puree using a hand blender (can also use blender). Bring sauce to a low simmer. Mix 2 tablespoons butter and flour in a small bowl. Whisk into sauce and continue to simmer until thickened. Stir in 1 tablespoon brown sugar and season to taste with salt. Strain the sauce for a smoother consistency. Cover and set aside.

Place a heavy roasting pan on two burners on high heat. (You may also use a large skillet) Lightly coat pan with olive oil. When oil begins to simmer, place beef in pan and quickly brown on all sides, about 4-5 minutes total. Transfer beef in roasting pan to oven and roast until a thermometer inserted 2 inches into thickest part reaches 125 degrees for medium rare, about 20- 25 minutes. Transfer to a cutting board and let it rest for 10 minutes loosely covered in foil.

Add remaining pan juices to cranberry wine sauce. Slice and serve.