



*I'm great for the host
that's serving pot roast.*

FAT BASTARD MERLOT VDP

Savour plum, fresh herb and light vanilla aromas of this dry, medium-bodied red with a soft palate. Great for sipping or with pot roast.

\$14.95

750 mL

LCBO 610857

FRANCOIS SAYS:

"The smoothness and softness of this plummy merlot pair well with the exquisite tenderness of beef loin. Use the wine in the sauce recipe as well."



*Roasted Beef Tenderloin
with Caramelized Shallots and
Red Wine Sauce*

BY DANA SPEERS

A simple, sophisticated main with a delicious sauce made while the beef rests. Try the merlot in the recipe. Serves 6.

One 2½ to 3 lb (1.25 to 1.5 kg) centre-cut piece beef tenderloin at room temperature

1 tbsp (15 mL) extra virgin olive oil

Salt and freshly ground pepper

2 tbsp (25 mL) unsalted butter

4 shallots, peeled and thinly sliced

1 sprig fresh thyme

1 cup (250 mL) dry red wine

1 cup (250 mL) beef stock

1. Preheat the oven to 450°F (230°C).

2. Brush tenderloin with olive oil and place in a roasting pan lined with aluminum foil. Season with salt and pepper.

3. Over medium heat, melt the butter in a frying pan. When hot, add the shallots, thyme sprig and a pinch of salt. Cook, stirring over medium heat until the shallots soften and begin to caramelize, 10-15 minutes.

4. While the shallots are cooking, place beef in the oven and roast for 25 minutes for rare and 30 minutes for medium, or until an instant-read thermometer registers 120°F (50°C) for rare or 125°F (52°C) for medium (the temperature of the beef will rise 5°F/2°C as it rests). When beef is cooked, remove it from oven, wrap it in the foil and let it rest 10-15 minutes.

5. Pour the red wine into the frying pan with the caramelized shallots and bring to a boil to deglaze the pan by scraping the bottom. Add stock and boil gently for 5-7 minutes or until you have about 1 cup (250 mL) of sauce. Remove thyme and season with salt and pepper.

6. Unwrap tenderloin and place on a carving board. Add any juices from the meat to the sauce. Slice the meat and serve with the sauce.