

MUSHROOM CRUSTED TENDERLOIN with MIGHTY MUSHROOM SAUCE



PEI Certified Beef Mushroom Crusted Tenderloin with Mighty Mushroom Sauce

Serves 6 | Preparation and Cook Time: 2 hours 20 minutes

Ingredients

1 pkg (approx. 14 g)	dried mushrooms
1 tbsp. EACH	olive oil and grainy mustard
2 tsp	chopped fresh rosemary
1	clove garlic, minced
1/4 tsp EACH	pepper and coarse sea salt
3 lb (1.5 kg)	PEI Certified Beef - Beef tenderloin
	Mighty Mushroom Sauce (<i>recipe follows</i>)



Instructions

Finely chop dried mushrooms; soak half in 1/4 cup warm water. Set aside. Combine remaining mushrooms, oil, mustard, rosemary, garlic, pepper and salt; rub all over roast. Insert meat thermometer lengthwise into centre of roast so shaft is not visible. Place on rack in ovenproof skillet or shallow pan. Add 1/4 inch (5 mm) water to pan (to prevent dried mushrooms from scorching).

Cook roast, uncovered, in 450F (230C) oven for 10 minutes. Reduce heat to 275F (140C); roast until thermometer reads 145F (63C) for medium-rare, about 2 hours. Transfer roast to cutting board; tent with foil for 15 minutes, reserving pan drippings.

Slice roast and serve with Mighty Mushroom Sauce.

Mighty Mushrooms Sauce

Heat pan drippings in roasting pan over medium-high heat. Add 2 tsp butter and melt. Add 1 cup sliced fresh mushrooms and 1/4 cup chopped onion: sauté until tender. Stir in reserved soaked mushrooms with soaking liquid and 1/4 cup red wine; simmer 2 to 3 minutes. Stir in 1 cup beef broth; cook, stirring until boiling. Stir in mixture made of 1 tbsp. cornstarch and 1 tbsp.

cold water; cook and stir until thickened.

Season to taste. Makes 1 cup sauce.



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