



**ROASTED BEEF TENDERLOIN  
WITH PORT-WINE REDUCTION**

by Nick Massie

**overview**

Think beyond the barbecue and learn how to create roasted beef tenderloin. A fine cut of meat topped with port-wine reduction makes for an outstanding holiday entrée that will save you from shivering over the outdoor grill.

**ingredients**

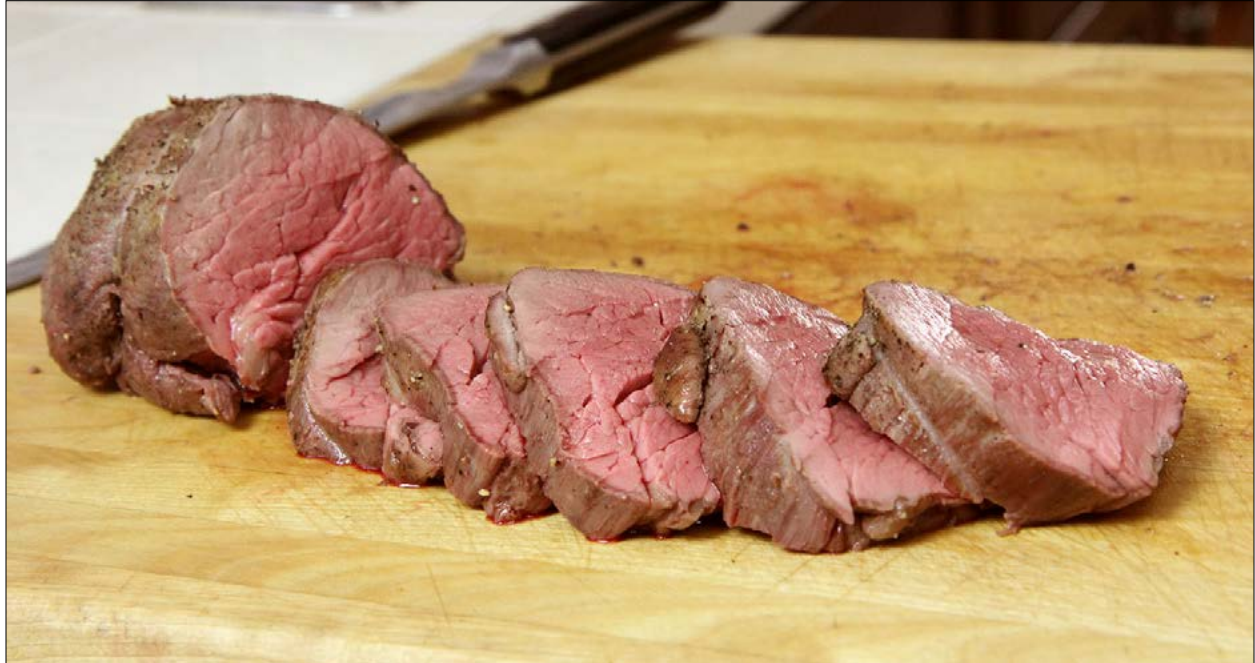
- 1 whole beef tenderloin, approximately 7 lb., trimmed of chain, silver skin and extra fat
- 1 6-foot length of butcher's twine
- Kosher salt and black pepper
- Drizzle of olive oil
- 1 750-ml bottle of port wine
- 2 medium-sized shallots, peeled and thinly sliced

**directions**

***For the port-wine reduction***

1. Pour port wine into a high-walled saucepan and place over medium heat.
2. Bring to a simmer, and when it has reduced by half, add the shallots and continue reducing.
3. When the liquid has reached approximately one-eighth of its original volume, turn down the heat, taste and monitor. At this point, the sugars are concentrated and burning becomes more likely.
4. If your reduction is too dry—i.e., it grabs your tongue when you taste it—you can always add a little sugar to balance it out.





***For the tenderloin***

1. Preheat your oven to 425 F.
2. Fold over the skinny tail end of the tenderloin to create as consistent a size as possible from tip to tail.
3. Using the butcher's twine and starting at the thick end, tie the tenderloin from tip to tail by trussing it approximately every 3 inches, as seen in the video.
4. Drizzle the beef with olive oil and rub oil into all sides. Season with kosher salt and pepper and transfer it to a baker's rack that has been placed inside a foil-lined hotel pan.
5. Roast in the oven at 425 F for 10 minutes, then reduce heat to 325 F until the center of the middle portion, just below the head, reaches an internal temperature of 120 F. This will give you medium-rare/rare cuts in the center and more well-done cuts toward the ends.
6. Remove the meat from the oven, cover it with foil and allow it to rest for 15 minutes.
7. Transfer to a cutting board, cut away the butcher's twine and slice into medallions or steak-sized portions. The goal is to cut completely through with as few strokes as possible, as each stroke leaves a mark on the face of the tenderloin.
8. Top with port-wine reduction and revel in the fact that you are a culinary ninja!