

Braised Beef Tenderloin Tips

Yields: 4 servings Preparation Time: 45 minutes

Ingredients

2 pounds beef tenderloin tips
2 tablespoons all purpose flour
1 tablespoon olive oil
2 shallots, minced
2 bulbs of garlic, roasted
1 cup red wine
1 cup beef stock
2 sprigs thyme
2 sprigs rosemary
1 tablespoon unsalted butter
Salt and pepper



Instructions

1. Using a Dutch oven, over medium high heat, pre-heat your pan for a few minutes. While it is pre-heating season the tenderloin tips with salt and pepper and dust them with the flour, covering evenly.
2. Add one tablespoon of olive oil to the Dutch oven and sear the flour dusted beef tips on all sides until they turn golden brown (turn down heat if flour begins to burn). Once the tips are golden brown remove them from the pan with a slotted spoon and place on a paper towel to drain and hold.
3. Add the minced shallots to the Dutch oven and sauté for two minutes. Deglaze with the red wine and scrap the bottom of the Dutch oven with a spoon to release the particles from searing the beef. Let the wine reduce by half and add the fresh thyme and rosemary.
4. Add the beef stock and reduce by half. Add the seared beef tips back to the Dutch oven and simmer for 25 minutes until the tips are nice and tender.
5. To finish the dish, whisk in the roasted garlic cloves and one tablespoon of unsalted butter. Season with salt and pepper. The liquid around the tips should be thick enough to coat the back of your spoon.
6. Remove sprigs of rosemary and thyme.