



Nat's Notes

Ask your butcher for a center cut tenderloin — no head or tail. Splurge on the bacon, too. You only live once!

Maisonette Beef Tenderloin Wrapped in Smoked Bacon

Serves 4

Ingredients

20 oz. beef tenderloin
12 bacon slices
1 cup Pinot Noir
½ cup beef stock
3 red onions
12 oz. dark grapes, sliced in half
12 oz. shiitake mushrooms, sliced
3 carrots
1 oz. fresh ginger, chopped
1 bunch of parsley, chopped
6 shallots; 2 chopped and 4 sliced
4 tbl. malt vinegar
¼ tsp. sugar
Thyme, rosemary, butter, olive oil, salt and pepper

Preparation

Step One – Prepare Ingredients

- Season the beef tenderloin with salt and pepper then wrap with flat bacon slices. Tie the meat so the bacon will not fall off when you cook it. Set aside.
- Peel and slice red onion. Sauté with olive oil until tender. Add malt vinegar and grapes. Reduce very slowly at low temperature. Add salt and pepper to taste. Keep warm.
- Sauté shiitake mushrooms with shallots until tender. Salt and pepper to taste. Keep warm.
- Cut the carrots bâtonnet style and cook with sugar, butter, salt, pepper, chopped ginger, thyme and rosemary.

Step Two – Make Sauce

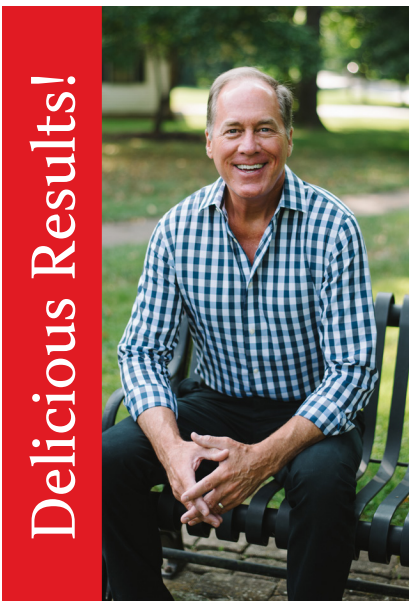
- Slice shallots and sauté with butter.
- Add Pinot Noir and reduce to a third.
- Add beef stock. Reduce again.
- Stir slowly adding butter until the right consistency.
- Salt and pepper to taste.

Step Three – Cooking

- Completely sear the filet in a non-stick pan then roast in oven at 375-400 degrees for 15 to 20 minutes (internal temperature must be 135 degrees for medium rare).
- Let the meat rest.
- Mix shiitake and carrots together and add parsley.

Step Four – Presentation

- Place carrots and mushrooms in center of plate and add 5 oz. slices of beef tenderloin.
- Top with onion and grape compote and pour sauce around.
- Serve warm.



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