

Friday, September 12, 2008

**Herb-Crusted Beef Tenderloin
with White Wine Cream Sauce**

Serves: 10 to 12

Prep time: 40 minutes

Way to grill: direct and indirect medium heat (350° to 450°F)

Grilling time: 35 to 45 minutes

Special equipment: kitchen twine

1 whole beef tenderloin, 6 to 7 pounds, untrimmed

Rub

1-1/2 tablespoons dried tarragon

2-1/2 teaspoons kosher salt

2 teaspoons freshly ground black pepper

1-1/2 teaspoons dried thyme

1 teaspoon rubbed dried sage, packed

Extra virgin olive oil

Sauce

1/2 cup minced shallot

1/2 cup rice vinegar

1-1/2 teaspoons dried tarragon

1/4 teaspoon dried thyme

1/2 cup dry white wine

1/2 cup reduced-sodium chicken broth

1-1/2 cups whipping cream

1/2 cup packed minced flat leaf parsley

Kosher salt

1. Trim and discard the excess fat and silver skin from the tenderloin. Part of the thin "tail" end of the tenderloin may separate as it is trimmed, but leave it connected to the main muscle as much as possible. Lay the tenderloin out flat and straight, with the smoothest side up, aligning the narrow pieces at the tail end. Neatly fold the tail end of the tenderloin under itself to form an even thickness (one end may be larger). With kitchen twine, tie the roast snugly at 2-inch intervals. Secure the folded end with two strings.

2. In a small bowl mix and crumble the rub ingredients with your fingertips. Lightly coat the roast with oil. Evenly season the roast with the rub.

3. Let the roast stand at room temperature for 30 minutes to 1 hour before grilling. Meanwhile make the sauce and then prepare the grill for direct and indirect cooking over medium heat.

4. In a large skillet over high heat, combine the shallot, vinegar, tarragon, and thyme, and cook until the vinegar evaporates, 3 to 4 minutes, stirring often. Add the wine and broth and boil until reduced to about 1/2 cup, 3 to 4 minutes. Add the cream and boil until the surface is covered with large, shiny bubbles and the sauce is reduced to about 1-1/2 cups, 5 to 7 minutes. Remove from the heat, adjust the seasonings, and set aside. Reheat and add parsley just before serving.

5. Brush the cooking grates clean. Sear the roast over **direct medium heat**, with the lid closed as much as possible, for 15 minutes, turning a quarter turn once every 3 to 4 minutes. Then slide the roast over **indirect medium heat** and cook until it reaches your desired doneness, 20 to 30 minutes longer for medium rare (125°F to 130°F), turning once. Remove from the grill, loosely tent with foil, and let rest for 10 to 15 minutes. The temperature will rise 5 to 10 degrees more during this time.

6. While the roast rests, reheat the sauce over high heat and then add the parsley. Keep warm.

7. Snip and remove all the twine from the roast. Cut the meat crosswise into 1/2- to 1-inch slices. Lightly season with salt to taste. Serve warm with the sauce.

Grilling Tip:

To ensure that the roast will cook evenly on the grill, fold the tail end underneath itself and tie up the roast so that it is about the same thickness from end to end.