



Roasted Beef Tenderloin with Morel Cream

RECIPE BY DAVID PENNY, EXECUTIVE CHEF

Great Estates of Niagara-Inniskillin, Jackson Triggs, Le Clos Jordanne

WINE PAIRING - The soft tannins in our East West Series reds Merlot-Cabernet and Cabernet-Shiraz play well with the rich earthy morel cream.

Serves 4

INGREDIENTS

2 lb.	Beef tenderloin roast, trimmed
1 Tbsp.	olive oil
1 Tbsp.	kosher salt
1 Tbsp.	cracked black pepper
1/2 ounce	dried morels (Ponderosa)
2 Tbsp.	unsalted butter
2 Tbsp.	shallots, finely chopped
1/2 tsp.	garlic, finely chopped
1 tsp.	fresh thyme
1 tsp.	salt
1 tsp.	black pepper
1/4 cup	dry white wine
1-1/2 cups	35% cream

METHOD

1. Season beef liberally with salt and pepper
2. Heat sauté pan with olive oil until it just starts to smoke
3. Sear beef on each side until a golden brown crust forms
4. Roast in a 375 degree F oven for 15 minutes or until meat reaches an internal temperature of 120 degrees F, for a perfect medium rare.
5. Allow meat to rest for 10 minutes before slicing
6. Serve with the morel cream and garnish with fresh tender herbs

FOR THE SAUCE

1. In a stainless steel bowl, place the morels and pour 3/4 cup of hot water over them, soak for 10 minutes
2. Remove from the water; rinse under cool water, dice into 1/4-inch rings, set aside and reserve
3. Strain the remaining soaking water through cheesecloth and reserve separately
4. In a medium size saucepan, add butter over medium-high heat
5. Add morels, shallots, garlic, thyme, salt and pepper and sauté until fragrant
6. Add wine and mushroom juice and reduce by 3/4
7. Add cream and cook until reduced by half
8. Season to taste with salt and pepper, sauce should have the consistency to coat the back of a spoon

