

Beef Tenderloin Madeira

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 10

*1 (2-1/2 to 2-3/4 pound) beef tenderloin (large end)
2 tablespoons margarine, melted
1/2 teaspoon salt
1/4 teaspoon pepper
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4 large mushrooms, sliced
3 tablespoons shallots, finely chopped
1/2 cup Madeira wine
1 can (10-3/4 ounce) beef gravy*

Preheat the oven to 425 degrees.

Place the tenderloin in a shallow roasting pan. Brush with margarine so the roast is coated evenly. Sprinkle with salt and pepper.

Roast in the oven for 45 to 50 minutes.

In the meantime, saute' the mushrooms in two tablespoons of margarine over medium high heat. Add the shallots. Cook for 3 minutes, stirring constantly. Add the Madeira wine and beef gravy. Reduce the heat and simmer for 10 to 15 minutes.

Remove the meat to a carving board; keep warm.

Pour most of the fat from the pan. Pour the Madeira sauce into the roasting pan. Cook over medium heat, stirring and scraping to dissolve the brown particles in the pan.

Slice the tenderloin and serve with the sauce.

For added flavor, cut a clove of garlic and rub over the roast and sprinkle with 1/2 teaspoon of thyme before roasting.

Per Serving (excluding unknown items): 60 Calories; 5g Fat (7 calories from fat); 1g Protein; Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 324mg Sodium; Exchanges: 0 Grain(Starch); Lean Meat; 0 Vegetable; 1 Fat