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# Filet of Beef in Madiera Sauce

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**1 (three to four pound) filet of beef**  
**3 tablespoons wine vinegar**  
**1/2 cup butter**  
**1 medium onion, sliced**  
**1 medium carrot, sliced**  
**1/4 cup fresh chopped parsley**  
**1 stalk celery, chopped**  
**2 bay leaves**  
**6 whole allspice**  
**8 whole black peppers**  
**1/8 teaspoon thyme**  
**1 can (10 ounce) consomme'**  
**6 to 8 tablespoons Madiera wine**  
**3/4 cup sour cream**  
**1 teaspoon flour**

Preheat the oven to 350 degrees.

Remove the membrane from, the filet. Salt the filet and sprinkle with one tablespoon of wine vinegar.

Melt butter in an oblong roasting pan until it foams. Add the vegetables and spices. Place the meat on top of the vegetables and add the remaining two tablespoons of vinegar, the consomme' and Madiera.

Place in the oven and roast for 1-1/2 to 2 hours, basting very frequently.

Remove from the oven and strain the gravy. Mix the gravy with sour cream. Pour over the filet in the pan.

Roast about 30 minutes longer, basting as often as possible with the sour cream gravy. (The sauce should be light brown and taste strong.)

Taste for seasoning.

Yield: 4 to 6 servings

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*Per Serving (excluding unknown items): 1373 Calories; 132g Fat (81.4% calories from fat); 11g Protein; 56g Carbohydrate; 13g Dietary Fiber; 325mg Cholesterol; 1120mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Vegetable; 1/2 Non-Fat Milk; 26 Fat; 0 Other Carbohydrates.*