

Red Wine Marinated Beef Tenderloin

Enjoy with Levantine Hill Estate Syrah

Serves 6+

Chef's Notes

A simple but effective roast beef which uses some of the Syrah to elevate the wine and dine experience. Serve with horseradish cream, roast carrots, shallots and potatoes.

Ingredients

- 1.5kg whole beef tenderloin, trimmed of excess fat and silverskin
- 1/2 cup Syrah
- 1 Tbsp lemon juice
- 3 Tbsp extra virgin olive oil
- 3 garlic cloves crushed
- 1 tsp dried oregano
- 1 tsp dried thyme
- 3 tsp fresh dill
- 2 tsp sea salt
- 2 tsp pepper
- 1/2 cup beef stock
- 2 Tbsp butter
- Kitchen twine

Method:

1. Place trimmed beef tenderloin in a plastic bag. Add wine, lemon juice, 1 tablespoon olive oil, garlic, oregano, thyme, 2 teaspoons dill and 1 teaspoon each salt and pepper. Seal the bag, rub the ingredients all over the beef, and place in the refrigerator to marinate for 4 to 6 hours.
2. When you are ready to cook the beef, heat oven to 220°C.
3. Remove meat from the bag and pat dry with paper towel. Reserve marinade.
4. Coat meat with 1 tablespoon oil and season with remaining salt and pepper. Fold the small end of the tenderloin back on itself to create an even thickness. Secure meat with kitchen twine at 2-inch intervals.
5. Heat remaining oil in a large, oven-safe roasting pan until simmering. Sear the meat until well browned on all sides, about 8 minutes total.
6. Add marinade to the pan and transfer to the oven to cook for 20 to 30 minutes, or until meat reaches an internal temperature of 52-53°C as registered on an instant-read thermometer (for medium-rare).
7. Remove meat from the oven, transfer to a platter, cover with foil and allow to rest for 20 minutes.

To Finish:

While meat is resting, deglaze the pan on the stove top over medium-high heat, adding the beef broth and scraping up browned bits from the bottom of the pan. Swirl in butter to finish the sauce. Taste and adjust seasonings, if necessary. Carve meat and serve with pan sauces and accompaniments.