

BEEF TIPS

with **TIW CABERNET SAUVIGNON**



Ingredients:

10 tbsp extra virgin olive oil

2 pounds beef tenderloin roast

Sea salt

Freshly ground black pepper

3 cloves of garlic, roasted

3-4 ounces button mushrooms, coarsely chopped

1 1/2 tbsp Thousand Islands Winery® Cabernet Sauvignon

1/3 cup beef broth

1 bunch chives, chopped

Note: To roast garlic, first cut a thin slice from the top of each head to expose the tips of the cloves. Arrange the heads side by side in a small baking dish and drizzle a little olive oil over them. Roast in the oven at 375° until the garlic is browned and the cloves are very tender when poked with a fork, about 30 minutes. Cool to room temperature, then squeeze the softened garlic cloves out of their skins.

Directions:

Preheat oven to 450°. Heat 6 tbsp of olive oil in an oven-proof skillet over medium heat. Rub the beef on all sides with salt and pepper, then add the beef to the skillet. Sear meat over high heat 3 minutes until browned on all sides. and cook, turning it as necessary. Place in oven and roast the beef tenderloin 10-20 minutes to desired doneness, turning once. Let it rest 5 minutes before cutting.

Meanwhile mash the peeled roasted garlic cloves and mix with the mushrooms, Thousand Islands Winery® Cabernet Sauvignon and beef broth. Simmer over medium heat until reduced by half. Pour any juices from tenderloin pan in with broth mixture.

Carve the tenderloin into 1/2 inch slices. Sprinkle the slices with sea salt to taste and spread a little of the wine mix on each side. Sprinkle chives over the beef and serve.



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