

Buy your beef tenderloin - 6 - 7 lbs at a warehouse club. You can cut 2 - 3 steaks from the thick end and 12 - 16 oz off the thin end for stir fry or other make ahead meals. This leaves a well proportioned roast that cooks evenly. Trim off excess fat, clip the silver skin with scissors to keep meat from bowing. Tie with butchers string.

Quantity	Ingredients	Preparation Notes
4 lb	Beef Tenderloin Roast	Tie roast with butcher's string every 1 1/2 inches.
	Vegetable Oil	Set heavy roasting pan over two burner on medium heat for 5 minutes to heat pan.
2 Tbsp	Coarse Ground Pepper	Dissolve cornstarch in water - set aside
	Salt	Rub roast with oil
1 C	Low-sodium Chicken Broth	Sprinkle pepper and generous amount of salt.
1/4 C	Red Wine	Sear until well browned about 2 1/4 minutes per side for a total of ten minutes
1 tsp	Dijon Mustard	Mix broth, wine, mustard and thyme in bowl
	Minced Fresh Thyme leaves	Remove roast from pan, pour off fat (reserve it for Yorkshire Pudding if you like.)
1 tsp	(May use 1/4 tsp, heaping, dried leaves)	Return pan to stove, adding wine mixture.
1 1/2 tsp	Cornstarch	Stir to scrape off any browned bits.
1 Tbsp	Water	Pour into a small saucepan and set aside for sauce.
		Put wire rack in pan and set beef on it.
		Roast at 425 degrees until meat thermometer registers 130 degrees or medium rare - 40 - 45 minutes.
		Remove roast from oven and let rest for 15 minutes.
		Bring saucepan with wine mixture to a simmer, stir in dissolved cornstarch and cook until lightly thickened.
		Cut roast into 1/4 inch slices and serve immediately with sauce.