

## Low & Slow Roasted Beef Tenderloin with Red Wine Glaze

Old-school, yes, but in a totally good way. This recipe is based on the prime rib Justin learned to cook at his first restaurant job. It was seared, then rubbed all over with a thick red wine glaze and cooked at low heat to pink, juicy perfection. We've adapted the method for beef tenderloin, which cooks a lot faster than prime rib. The beauty of low temperature roasting is that the meat doesn't contract or toughen, and the flavor of the glaze permeates the meat. It's a foolproof way to serve succulent, tender restaurant-style roast beef.

SERVES 8

- 1 center-cut beef tenderloin, 2 1/2 to 3 lb
- 1 tablespoon kosher salt
- 2 tablespoons rice oil or other neutral flavored oil
- 4 tablespoons unsalted butter
- 4 cloves garlic, sliced
- 2 shallots, sliced
- 1/4 cup Worcestershire sauce
- 1/4 cup Maggi seasoning (found at most Asian markets)
- 1/4 cup beef bouillon base, preferably Better Than Bouillon brand
- 1/4 cup full-bodied red wine (such as Cabernet Sauvignon)
- 1 fresh rosemary sprig
- 2 fresh thyme sprigs
- 1 tablespoon black peppercorns

Remove the tenderloin from the refrigerator and let sit at room temperature for 1 hour. Preheat the oven to 275°F about 15 minutes before you are ready to begin cooking the beef.

**To brown the tenderloin:** Pat the beef dry using paper towels and season all over with the salt. Place a large ovenproof pan over high heat, add the oil, and heat until the oil begins to smoke. Add the tenderloin and sear for about 1 minute on each of the four sides, until browned. Transfer the tenderloin to a large plate and pour off the excess fat from the pan.

**To roast and serve the tenderloin:** Return the pan to low heat and add the butter. When the butter melts and turns a toasty brown, add the garlic and shallots and cook, stirring occasionally, for 2 minutes. Add the Worcestershire sauce, Maggi seasoning, beef base, wine, rosemary, thyme, and peppercorns and cook, stirring occasionally, for 2 minutes longer to form a glaze. Return the tenderloin to the pan and roll the tenderloin in the glaze to coat evenly.

Transfer the pan to the oven and roast the tenderloin, rolling it in the glaze every 10 minutes, for 25 to 30 minutes, until an instant-read thermometer inserted into the center registers 128°F. Remove from the oven and let the tenderloin rest in the glaze for 15 minutes. Transfer the tenderloin to a cutting board and slice against the grain to serve.