Roast Beef Tenderloin
with Mustard-Caper Sauce

For the beef:
5-6 lb beef tenderloin, trimmed and tied
6 cloves garlic, peeled
1 t coarse kosher salt
2 t whole peppercorns
2 T butter at room temperature
1 T dry mustard
2 t paprika

Using a mortar and pestle, crush the garlic and the salt into a paste. Add the peppercorns and crack them. In a small, non-reactive bowl, add the butter to the garlic mixture. Stir in the mustard and paprika. Rub the mixture over the surface of the beef, working it into every crack and crevice of the meat. Wrap in Saran-Wrap or a plastic bag; refrigerate overnight.

The next day, bring the meat to room temperature. Preheat the oven to 425°F. Put the beef on a rack in a roasting pan. Roast 50 to 65 minutes or until a thermometer in the thickest part of the meat registers between 135° and 140° for medium rare. Remove the beef from the oven, cover loosely with aluminum foil, and let rest for 20 minutes before cutting. Reserve the fat and drippings for the sauce. Slice thinly.

For the sauce:
1/2 C red wine
1 C plus 2 T canned beef broth
1/2 C cream
4 t cornstarch
2 T Dijon mustard
1/2 C capers, rinsed and drained

While the meat is resting, deglaze the roasting pan with the wine. Reduce by half. Transfer to a saucepan. Add 1 C broth, and boil. Remove any floating bits of fat by pouring through a wire strainer.

Add the cream and boil briefly. Dissolve the cornstarch in the reserved 2 T of broth. Add to the saucepan, reduce heat and thicken slightly. Stir in the mustard, the capers, and any juices left from slicing the beef. Salt and pepper to taste. Can be served over the beef or in a gravy boat.

Serves 6 to 8.

—Margaret N. Sisk