

Plank-Roasted Beef Medallions with Rosemary Sauce

- 6 beef tenderloin medallions (approx. 5 oz. each)

Marinade:

- 1 c. olive oil
- 1/2 c. dry red wine
- 1 Tbsp. garlic, finely chopped
- 2 tsp. Dijon mustard
- 1 tsp. dried rosemary, crushed
- 1 tsp. salt
- 1/2 tsp. freshly ground pepper

Sauce:

- 2 c. beef broth
- 1 sprig fresh rosemary
- 2 tsp. finely chopped garlic
- 1/4 c. dry red wine
- 2 tsp. cornstarch, dissolved in 1 Tbsp. water
- Salt and freshly ground pepper to taste

Soak a cedar roasting plank. Mix marinade ingredients in large Ziploc. Add the beef; turn to coat. Refrigerate for 1 hour. Heat oven and plank to 350 degrees. Remove beef from marinade; arrange in center of heated plank. Roast 20-25 minutes until desired doneness or internal temperature reaches 160 degrees.

Prepare sauce in a medium-size saucepan. Combine beef broth, fresh rosemary, garlic and wine; bring to a boil, then reduce heat to low. Partially cover and cook 20 minutes. Bring sauce back to a boil; whisk in dissolved cornstarch and cook until slightly thickened. Salt and pepper to taste. Strain through a fine mesh sieve. Spoon sauce over tenderloin when plated and garnish with fresh rosemary to serve.

Reprinted by permission: "Savory Flavors with Wood" - www.naturescuisine.com (out of print)

Accompany with Cooper-Garrod Merlot