



*Enjoy with Estate Grown Cabernet Franc*

## PAN SEARED BEEF TENDERLOIN WITH A CARAMELIZED SHALLOT & FIG SAUCE

2 tablespoons sugar  
 3 tablespoons butter  
 8 medium shallots, peeled  
 1 cup veal stock, or canned beef broth  
 2 cups Cabernet Sauvignon wine  
 2 allspice berries  
 ¼ head of fennel, shaved  
 1 tablespoon chopped fresh thyme  
 ¼ teaspoon whole black peppercorns  
 4 fresh figs

### Beef Tenderloin:

Salt & pepper  
 1¼ pounds center-cut beef tenderloin  
 1 sprig fresh thyme, chopped  
 1 tablespoon cooking oil  
 1 tablespoon butter

In an oven-proof saucepan or heavy gauge sauté pan, melt the sugar to a golden caramel. Stir in 2 tablespoons of the butter. Add shallots and coat them with the mixture. Add the veal stock and bring to a boil. Place the pan in a 350° oven for approximately 1 hour, or until the shallots have become soft. Remove from oven and return to high heat. Reduce the juice to a syrup. Cool and slice shallots, then set aside.

In another pan reduce the wine with the spices and herbs. Reduce to about  $\frac{2}{3}$  cup. Strain out herbs and spices. Add the caramelized shallots and syrup to the strained wine reduction. Set aside.

Salt and pepper the trimmed beef, then sprinkle with the thyme. Heat a large cast iron skillet over medium high heat. Add the cooking oil and heat close to smoking. Add the meat and butter. Brown the meat on all sides, and cook to the desired serving temperature. Remove and let rest five minutes.

Place the sauce back on the stove and add the fresh figs. Bring to a simmer. Remove from heat and stir in the remaining tablespoon of butter. Distribute sauce between 4 plates. Slice the beef loin and place directly on the sauce. Serve and enjoy. This may be served with grilled polenta.

Serves 4.

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