

Mushroom-Spinach Stuffed Beef Tenderloin

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by Ski Boots in the Kitchen

Ingredients:

- 1 Tablespoon butter
- 3 cups sliced shiitake or button mushroom caps (about 6 oz.)
- ½ cup shallots
- 2 Tablespoons brandy
- 1 tsp olive oil
- 8 cups torn spinach or 1 bag baby spinach
- 1 clove garlic, minced
- 1 tsp salt, divided
- ¾ tsp black pepper
- 1 (4-pound) Trimmed beef tenderloin
- 1 tsp olive oil
- cooking spray

Directions:

1. Melt butter in a large nonstick skillet over med-high heat. Add the mushrooms and shallots, sauté for 4 mins. Add brandy, cook for 30 seconds or until liquid evaporates. Spoon mixture into a large bowl, set aside.
2. Heat 1 tsp oil in pan over medium heat. Add spinach and garlic, sauté 30 seconds or until spinach wilts. Place spinach mixture in a colander, pressing with the back of a spoon until barely moist. Add spinach mixture, ¼ tsp salt, and ¼ tsp pepper to mushroom mixture, stir well.
3. Trim fat from tenderloin. To butterfly tenderloin slice lengthwise, cutting to, but not through, the other side. Open halves, laying the tenderloin flat. Place heavy duty plastic wrap over tenderloin, flatten to an even thickness using a meat mallet or rolling pin. Sprinkle ¼ tsp salt and ¼ tsp pepper over tenderloin. Spread spinach mixture down center of tenderloin to within ½ inch of sides, fold over 3 or 4 inches of small end. Roll up tenderloin jelly roll fashion, starting with the short side. Secure at 2 inch intervals with heavy string. Brush olive oil over tenderloin, sprinkle with salt and pepper. Place in broiler pan coated with cooking spray, cover and chill.
4. To serve, preheat oven to 500 degrees
5. Bake at 500 for 35 minutes or until the thermometer registers 145 (medium-rare) or 160 (med). You don't want to over cook this cut of beef. Since it tapers at the ends those pieces will be more well done. Place tenderloin on a large serving platter, let stand for 10 minutes before slicing. Serve warm or chilled.

Serves 8 or more depending on size of tenderloin. 35 minutes is usually fine even if thermometer does not register 145 degrees.