

Beef Tenderloin with Mushroom-Barley Risotto

Replacing the traditional arborio with barley lends a nutty, chewy quality to this earthy and flavourful side dish for beef tenderloin medallions.

Yield: 4 servings

INGREDIENTS:

1 tbsp olive oil (approx.)	3 1/4 cups hot beef broth, divided
1 small onion, finely chopped	1/3 cup each grated Parmesan cheese and chopped fresh parsley
2 cloves garlic, chopped	3 tbsp butter, divided
8 oz mixed sliced mushrooms	1 tsp Dijon mustard
2 tsp chopped fresh thyme, divided	4 beef tenderloin medallions, patted dry
3/4 cup pearl barley	1/2 tsp each sea salt and freshly ground black pepper (approx.)
1/2 cup Limited Edition Grenache Cabernet Red Wine	

Suggested Accompaniments: Steamed green beans or broccoli spears

METHOD:

Heat oil in a large, deep skillet, with a tight fitting lid, set over medium. Sauté onion and garlic until translucent. Add mushrooms and 1 tsp thyme; sauté until golden. Stir barley into skillet. Add wine; cook until almost absorbed. Stir in 3 cups broth; bring to a boil. Cover and simmer for 40 minutes or until fluid is absorbed and grains are tender with a slightly chewy centre. Remove from heat. Stir in remaining broth, Parmesan cheese, parsley and 1 tbsp butter. Adjust seasonings to taste. Meanwhile, preheat oven to 400°F. Blend butter with mustard and remaining thyme leaves. Season steaks with salt and pepper. Oil a heavy skillet or cast iron pan and heat over medium-high. Add steaks and sear for 3 minutes. Turn steaks; cook for 1 minute. Transfer to oven. Cook for 7 to 10 minutes or until internal temperature registers 140°F for medium-rare (or to preferred doneness). Remove from oven and top each steak with a small dollop of thyme-butter. Tent with foil and rest for 5 minutes.

To serve, mound risotto onto four plates and top each with steak.

TIP: To ensure perfectly cooked steak, remove from the oven when the temperature reads 5 degrees less than the desired internal temperature on an instant read thermometer. For example, remove steaks at 140°F for medium rare (145°F). Steaks can be grilled on an outdoor barbecue.



PAIR WITH: Limited Edition Grenache Cabernet Red Wine



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