

# BEEF TENDERLOIN IN CREAMY VEGETABLE SAUCE

## INGREDIENS

sirloin or back of the leg,  
weighing about 2 lb  
1.75 oz smoked bacon, chopped  
1 onion  
2 large carrots  
1/2 large celery  
1 large bunch of parsley  
(the vegetables should weigh  
over 2 lb)  
8 balls of allspice and 8 peppercorns  
sprig of thyme  
2 tbsp. butter for browning meat  
1 tbsp. brown sugar  
1-2 cups good broth  
sour cream  
whipping cream  
lemon  
salt and pepper to taste  
cranberries



## PREPARATION

1. Cut the meat with a sharp knife to remove the membranes and tendons. You can tie the meat with kitchen string; this way it takes a better shape and will bake evenly.
2. Cut bacon into pieces, clean and dice the vegetables.
3. Warm up a heavy non-stick pan, which can be used in the oven, and melt 1 tablespoon of butter. When the pan is hot enough, take the meat and fry it on each side for a minute until browned on the outside. Take it out of the pan.
4. Put chopped bacon into the pan, add diced onion and fry for 5 minutes on low heat, add the rest of the vegetables and the spices, sprinkle with sugar and cook for 5 more minutes.
5. Place meat into a pot with vegetables and spices. Pour over the broth. Cover and simmer in the oven (180C/360F) for between 1 hour and half - two hours, adding broth as needed.
6. When cooked, take the meat out of the pan and let it sit for at least 15 min. Meanwhile, transfer the contents of the pan to a pot, and pulse it with a hand mixer.
7. Add some of the vegetable mixture to the sour cream, and then add everything back to the vegetable mixture. Add the remaining butter and a little cream to loosen the consistency. Season with lemon juice, salt and pepper. Heat it up.
8. Serve with dumplings, cranberries and whipped cream.

