

Beef Tenderloin with Sauce Espagnole

Espagnole is a classic brown sauce, typically made from brown stock, *mirepoix*, and tomatoes, and thickened with roux. Given that the sauce is French in origin, where did the name come from? According to Alan Davidson, in *The Oxford Companion to Food*, "The name has nothing to do with Spain, any more than the counterpart term *allemande* has anything to do with Germany. It is generally believed that the terms were chosen because in French eyes Germans are blond and Spaniards are brown."

Yield: Makes about 2 2/3 cups

Active Time: 35 min

ingredients

1 small carrot, coarsely chopped
1 medium onion, coarsely chopped
1/2 stick (1/4 cup) unsalted butter
1/4 cup all-purpose flour
4 cups hot beef stock or reconstituted beef-veal demi-glace concentrate*
1/4 cup canned tomato purée
2 large garlic cloves, coarsely chopped
1 celery rib, coarsely chopped
1/2 teaspoon whole black peppercorns
1 Turkish or 1/2 California bay leaf

preparation

Cook carrot and onion in butter in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until golden, 7 to 8 minutes. Add flour and cook roux over moderately low heat, stirring constantly, until medium brown, 6 to 10 minutes. Add hot stock in a fast stream, whisking constantly to prevent lumps, then add tomato purée, garlic, celery, peppercorns, and bay leaf and bring to a boil, stirring. Reduce heat and cook at a bare simmer, uncovered, stirring occasionally, until reduced to about 3 cups, about 45 minutes.

Pour sauce through a fine-mesh sieve into a bowl, discarding solids

- **Beef:**
- 1 (2 3/4- to 3-lb) trimmed and tied beef tenderloin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil
- 1 tablespoon unsalted butter

Roast beef:

Preheat oven to 350°F.

Pat beef dry and sprinkle with salt and pepper. Heat oil and butter in a small flameproof roasting pan over moderately high heat until foam subsides, then brown beef well on all sides, about 10 minutes. Put roasting pan with beef in middle of oven and roast until an instant-read thermometer inserted diagonally 2 inches into center registers 130°F for medium-rare, about 30 minutes. Transfer to a cutting board and let stand 10 minutes, then cut into 1/2-inch-thick slices. Pour some sauce over sliced beef and serve remainder on side. If desired, arrange marrow rounds between beef slices with slotted spoon.