

IMPRESSIVE PAIRINGS



Dave Larocque,
resident wine expert

BEEF

BBQ WHOLE BEEF TENDERLOIN

Always tender and juicy, beef tenderloin makes for a delicious meal - and it's so easy to prepare.

INGREDIENTS:

- 1 whole beef tenderloin
- Olive oil
- Kosher salt
- Black pepper

METHOD:

Strip as much fat as possible from the tenderloin to minimize flaring, then cut off the thinner end section to provide more even cooking. Reserve thinner section for another use or cook separately.

Preheat the grill to about 500°F. Brush the meat with olive oil, season with salt and pepper.

Place the meat on the grill and reduce the heat to 400°F. After about 15 minutes, turn the loin and insert a meat thermometer. Remove from heat when the internal temperature reaches 130°F (about 30 minutes) and let stand for at least 20 minutes covering with foil. This should result in a rare to medium-rare roast.

This is a great and simple meal for when friends gather. Serve warm or cold with your favourite artisanal breads and whole grain salads, light on the vinaigrette.



THE MATCH:

SMOOTH, MEDIUM TO FULL-BODIED MERLOT

The proteins of the meat will soften the slight tannins of the Merlot for a smooth mouth-feel. The pepper crust will bring out the pepper notes of the wine. Serve at a cool room temperature of 17 to 18°C and enjoy.