



## Shopping list:

### Meat Department

- 2-pound Beef Tenderloin Roast, Choice or Select, center-cut and trimmed

### Produce

- 8 ounces fresh mushrooms  
 1 large shallot  
 Optional side dishes (potatoes, vegetable)

### Pantry

- Olive Oil  
 Kosher salt and cracked black pepper  
 Dijon-style mustard  
 Dried thyme leaves  
 Flour

### Freezer

- 1 sheet frozen puff pastry (1/2 package)

### Liquor – Wine Pairing

- Pinot Noir (from cool regions of California, Oregon, New Zealand, or France)

## Equipment needed:

- Large nonstick skillet
- Tongs, mixing spoon, sharp knife
- Measuring spoons, cork screw
- Food processor, optional
- Medium bowl
- Rimmed baking sheet
- Aluminum foil
- Large cutting board
- Rolling pin
- Oven-safe meat thermometer
- Carving knife