



# Festive Stuffed Beef Tenderloin with Fruits and Nuts

## A Special Roast for Special Days

This recipe is for celebrations. I first made it for my grandson's graduation. His face lit up when he saw it. That made all the work worth it.

Why does this matter? Food shared on happy days becomes part of your story. You will remember the taste for years. Do you have a family celebration coming up? Tell me about it.

## The Sweet, Sticky Heart of It

The stuffing is the magic part. You cook the fruit with port wine. It

makes your kitchen smell like a holiday. Doesn't that smell amazing?

You stir in balsamic vinegar at the end. It adds a little tang. This balances the sweetness. *Fun fact: the port wine makes the prunes and apricots plump and juicy.* Let the mix cool completely before you use it.

## Rolling and Tying with Love

Butterflying the meat sounds hard. But it just means cutting it open like a book. I was nervous the first time too. I still laugh at that.

Spread the cool fruit inside. Then add the toasted pecans for crunch. Rolling and tying it with string is like wrapping a gift. The string holds all the good stuff inside. Have you ever tied a roast before?

## The Secret is in the Resting

After roasting, you must let the meat rest. This is so important. The juices settle back into the meat. If you cut it too soon, all the good flavor runs out.

Why does this matter? Patience makes a better meal. While it rests, make the Stilton butter. The blue cheese and butter melt on the warm slices. It is the perfect finish.

## Your Turn at the Table

Slice it thick between the strings. Each piece will have a beautiful spiral of fruit and nuts. It looks so fancy, but it's just home cooking.

Serve it with the extra butter on the side. What will you serve with it? I love simple roasted potatoes. Share your favorite side dish idea with me.

## Ingredients:

Ingredient	Amount	Notes
Olive oil	2 teaspoons + 3 tablespoons	Divided use: 2 tsp for stuffing, 3 tbsp for roast
Shallot	1 large (about 3 tbsp minced)	
Prunes	¼ cup	Chopped
Dried apricots	¼ cup	Chopped, unsulfured
Ruby port	⅔ cup	
Fresh thyme	½ teaspoon	Minced leaves
Table salt	¼ teaspoon + ⅛ teaspoon	For stuffing and Stilton butter
Ground black pepper	⅛ teaspoon	For stuffing
Balsamic vinegar	2 tablespoons	
Beef tenderloin	2 pounds	Center-cut, trimmed
Kosher salt	1 ½ teaspoons	For roast exterior
Black pepper	1 ½ teaspoons	For roast exterior
Pecans	2 tablespoons	Toasted and chopped
Stilton cheese	1 ounce	Crumpled
Unsalted butter	3 tablespoons	Softened
Fresh parsley	1 tablespoon	Chopped leaves





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## Instructions

**Step 1:** First, make the sweet stuffing. Cook the minced shallot in oil until it's soft. Put the prunes, apricots, and port in a bowl. Microwave it until warm. Then mix it all with the shallot, thyme, salt, and pepper. Cook until thick. Stir in the balsamic vinegar. Let it cool completely. (A cool stuffing won't melt your butterflied beef open!)

See also Cranberry Pistachio Snowy Shortbread Bites

**Step 2:** Now, prepare the beef. Butterfly the tenderloin like opening a book. Season the inside well. Spread the cool stuffing over the meat. Leave a little border. Sprinkle the toasted pecans on top. Then roll it up tightly and tie it with kitchen string. It's like putting a beefy sweater on your roast!

**Step 3:** Rub the outside with oil, salt, and pepper. Let it sit for one hour. This helps it cook evenly. Heat your oven very hot. Sear the roast in a smoking-hot pan. Brown it on all sides. This gives it a wonderful crust. Then move it to a baking sheet. **What's your favorite kitchen smell? Share below!**

**Step 4:** Roast the beef in the hot oven. Use a thermometer for the perfect doneness. I like 125 degrees for medium-rare. While it cooks, make the Stilton butter. Simply mix the soft butter, crumbled cheese, parsley, and salt. It's a fancy spread that's so easy. My grandson calls it "cheese frosting." I still laugh at that.

**Step 5:** Take the roast out and let it rest. This keeps all the juices inside. Spread half of the Stilton butter over the top. Doesn't that smell amazing? After 15 minutes, slice it between the strings. Remove the

twine from each slice. Serve with the rest of the butter on the side. You did it!

## Creative Twists

This recipe is wonderful as-is. But playing with food is fun! Try using dried cherries or figs instead of prunes. A splash of orange juice can stand in for the port. For the nuts, try walnuts or pistachios for a different crunch. You could even use a soft goat cheese in the butter. Which one would you try first? Comment below!

## Serving & Pairing Ideas

This roast feels like a celebration. I love it with simple, buttery mashed potatoes. Roasted carrots or green beans are lovely too. For a pretty plate, add a sprinkle of fresh parsley. A glass of red wine, like a Cabernet, pairs beautifully. For a non-alcoholic treat, try sparkling grape juice with a twist of orange. It feels just as special. Which would you choose tonight?





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# Keeping Your Festive Roast Happy

Let's talk about leftovers. They are a gift to your future self. Cool the roast completely before wrapping it. Store slices in the fridge for up to three days. You can also freeze the whole roast or slices for a month. Wrap it tightly in foil first.

See also Yuletide Brown Sugar Pecan Pie

To reheat, let it come to room temperature. Warm slices gently in a covered pan with a splash of broth. This keeps the beef tender. I once reheated it too fast in a hot oven. The edges got a bit tough, so I learned to go slow.

Batch cooking matters because it saves time and money. Make two roasts if you have a big pan. Cook one now and freeze one for a busy day. A ready-made feast is a wonderful thing to find. **Have you ever tried storing it this way? Share below!**

## Simple Fixes for Common Hiccups

First, the stuffing might seem too wet. Just cook it a minute longer. It should be thick like jam. This matters because a wet stuffing can make your beef roll soggy. A thick stuffing stays put and tastes better.

Second, tying the roast can be tricky. Use kitchen twine and keep the knots simple. I remember when my first try looked a bit lumpy. It still tasted wonderful. Practice makes perfect here.

Third, getting a good sear is key. Make sure your pan is very hot before adding the beef. A good sear locks in all the juicy flavors. This builds



your cooking confidence. A beautiful brown crust is a sign of good technique. **Which of these problems have you run into before?**

## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?** A: Yes, it is naturally gluten-free. Just check your port and vinegar labels to be sure.

**Q: Can I make any parts ahead?** A: Absolutely. Make the stuffing and Stilton butter a day early. Keep them in the fridge.

**Q: What if I don't have port or Stilton?** A: Use grape juice or broth instead of port. For the butter, try blue cheese or just herbs and butter.

**Q: Can I make a smaller roast?** A: You can. Just use a smaller tenderloin. Reduce the roasting time a little. \*Fun fact: A beef tenderloin is also called a filet mignon when cut into steaks.\*

**Q: Any optional tips?** A: Let the meat rest after roasting. This lets the juices settle back in. It makes every slice moist. **Which tip will you try first?**

## From My Kitchen to Yours

I hope you love making this special roast. It fills the house with the best smells. Cooking for others is an act of love. Sharing food is sharing joy.

I would love to hear about your cooking adventure. Tell me how it went for you. **Have you tried this recipe?** Your stories are my favorite thing to read. Now, go create something delicious.

See also Crispy Christmas Potato Fanfare



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Happy cooking!  
—Elowen Thorn.





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## **Festive Stuffed Beef Tenderloin with Fruits and Nuts**

Author: Elowen Thorn



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Cooking Method: [Roasting](#) [Stovetop](#)



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Difficulty: **Beginner**



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Prep time: **45 minutes**



## Festive Stuffed Beef Tenderloin with Fruits and Nuts | 20

Cook time: **30 minutes**



Rest time:**1 hour 15 minutes**

Total time: **2 hours 30 minutes**



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Servings: **6 servings**



## Festive Stuffed Beef Tenderloin with Fruits and Nuts | 24

Calories:**520 kcal**



Best Season: **Summer**

## **Description**

A stunning centerpiece roast featuring a buttery beef tenderloin stuffed

with a rich, sweet-tart mixture of dried fruits, nuts, and port, finished with a savory Stilton butter.

## Ingredients

### Stuffing

- ☐ 2 teaspoons olive oil
- ☐ 1 large shallot, minced (about 3 tablespoons)
- ☐ ¼ cup chopped prunes
- ☐ ¼ cup dried chopped apricots (unsulfured)
- ☐ ⅔ cup ruby port
- ☐ ½ teaspoon minced fresh thyme leaves
- ☐ ¼ teaspoon table salt
- ☐ ⅛ teaspoon ground black pepper
- ☐ 2 tablespoons balsamic vinegar

### Beef Roast

- ☐ 2 pound beef tenderloin, center-cut, trimmed
- ☐ 1 ½ teaspoons kosher salt
- ☐ 1 ½ teaspoons black pepper
- ☐ 2 tablespoons toasted pecans, chopped
- ☐ 3 tablespoons olive oil

### Stilton Butter

- ☐ 1 ounce Stilton cheese, crumbled
- ☐ 3 tablespoons unsalted butter, softened
- ☐ ⅛ teaspoon table salt
- ☐ 1 tablespoon chopped fresh parsley leaves

## Instructions

1. **For the stuffing:** Heat oil in a medium saucepan over medium heat. Add shallot and cook until softened and golden brown, 2-3 minutes. Meanwhile, combine prunes, apricots, and port in a microwave-safe bowl; cover and microwave on high until simmering, about 2 minutes. Set aside.
2. When shallot is softened, add the dried fruit/port mixture, thyme, salt, and pepper. Cook, stirring occasionally, until mixture is thick, 1-2 minutes. Remove from heat and stir in balsamic vinegar. Transfer to a plate and cool to room temperature.
3. **For the roast:** Butterfly the roast. Season the cut side liberally with salt and pepper. Spread the cooled stuffing mixture in an even layer over the interior, leaving a ½-inch border. Sprinkle pecans evenly on top of the stuffing. Roll and tie the beef roast securely with kitchen twine.
4. In a small bowl, stir together 1 tablespoon olive oil, 1 ½ teaspoons salt, and 1 ½ teaspoons pepper. Rub this mixture all over the exterior of the roast. Let the roast stand at room temperature for 1 hour.
5. Adjust oven rack to middle position and heat oven to 450°F. Heat the remaining 2 tablespoons olive oil in a 12-inch skillet over medium-high heat until smoking. Add beef and cook until well browned on all sides, 8-10 minutes total.
6. Transfer beef to a rimmed baking sheet and place in the oven. Roast until an instant-read thermometer inserted into the thickest part registers 120°F for rare (16-18 min) or 125°F for medium-rare (20-22 min).
7. **For the butter:** While meat roasts, stir all Stilton butter ingredients together in a small bowl until combined. Transfer cooked tenderloin to a cutting board; spread half of the butter evenly over the top. Loosely tent with foil and let rest for 15

minutes. Slice between the twine, remove twine from slices, and serve with the remaining butter passed separately.

## Notes

Letting the roast come to room temperature before cooking ensures even cooking. For a smoother presentation, you can ask your butcher to butterfly the tenderloin for you. The Stilton butter can be made ahead and refrigerated; bring to room temperature before using.

Keywords: Beef Tenderloin, Stuffed Beef, Roast Beef, Holiday Dinner, Special Occasion