

BEEF TENDERLOIN:

This is such a simple, yet elegant meal and it makes any occasion special. When ordering a beef tenderloin from a butcher ask for the middle of the center cut of the tenderloin, have them trim and truss the tenderloin so that it is as even as can be.

TIPS FOR MAKE-AHEAD BEEF TENDERLOIN: Making beef tenderloin ahead of time and reheating it puts you at risk of over cooking. However, you can make your tenderloin ahead, up to two days before, and serve cold or let it sit out for 1-2 hours until it's room temperature. A great serving suggestion is to slice your tenderloin as thin as you can and place it on a large serving platter. Accompany it with toasted baguette slices, arugula, Parmesan cheese savings and creamy horseradish sauce for dressing.

Ingredients:

- 4-5 lb. Prime beef tenderloin, trimmed and tied
- 4 tablespoons unsalted butter, at room temperature
- 2 Tablespoons Kosher salt
- 3 Tablespoons fresh, coarsely ground pepper

*Take out the tenderloin approx. 45 minutes to an hour before roasting.

Preheat the oven to 425 degrees. Have a roasting pan fitted with a rack ready. Add freshly ground pepper to a small bowl, add the salt and stir to mix. Set aside until ready to use. Pat the tenderloin dry with a paper towel. Spread 2 tablespoons of the butter all over the beef with your hands. Sprinkle the beef all over with the salt and pepper mixture. Place the tenderloin on the roasting rack and roast for 40 minutes.

At this point, begin checking the internal temperature using an instant read thermometer. Insert the thermometer into the center-most part of the tenderloin. For perfect medium-rare, pull the tenderloin once the thermometer reads 145 degrees. If your tenderloin has yet to reach the desired temperature, return it to the oven and check it every 6-10 minutes thereafter. Once the tenderloin has reached desired internal temperature, transfer to a carving board, tent with aluminum foil, and allow to rest 15-20 minutes. Remove any string used for trussing. Slice, serve, and enjoy! *UNLESS YOU MAKE IT AHEAD AND REFRIGERATE IT FOR A DAY OR TWO! (serves 8 to 12 as entree or up to 20 cut thinly)*

(Option for presentation: place some thyme twigs or rosemary twigs for garnish around and on top of the tenderloin)

Degree of Doneness:

Rare: 125 degrees Medium-Rare: 135 degrees Medium: 145 degrees
Medium Well: 150 degrees Well Done: 160 degrees

CREAMY HORSERADISH SAUCE: (Recipe for Horseradish sauce serves 6—you can double if necessary)

- 1 cup sour cream
- 1/3 cup + 1 Tablespoon prepared horseradish
- 1/2 tsp. Lemon zest
- squeeze of 1/2 lemon
- 1 1/2 teaspoon black pepper
- 1 teaspoon Kosher salt
- 1 teaspoon chives, finely diced

In a small mixing bowl, stir all of the ingredients together. Serve right away or cover and place in the refrigerator until ready to use. *Can be refrigerate for about 2 weeks.*