

Oven Roasted Beef Tenderloin



TIP: The meat for this recipe, beef tenderloin, is the lowest in fat, most tender and also most expensive cut of beef available. As with prime rib, I highly recommend buying the meat fresh from a reputable butcher shop as the butcher will remove any fat and tough silver skin (sinewy part of the muscle). The recipe below is the easiest, hands free method of preparing beef tenderloin I know.

Preparation Time: 5-10 minutes plus 2 hours to let meat come to room temperature and 10 minutes to let the meat rest after it cooks.

Cooking Time: 15-20 minutes per pound (40 minutes for the 2 ½ pound medium rare tenderloin in this recipe)

Ingredients

(for 4- 6)

2 ½ Pound Beef Tenderloin
Garlic Powder
Mustard (I prefer Dijon Mustard)
Worcestershire Sauce
Olive or Vegetable Oil

Equipment

Baking/Roasting Pan
Roasting Rack (optional but makes for more uniform cooking)
Sharp Knife
Large Fork
Table Knife
Cutting Board
Ovenproof Meat Thermometer
Potholder
Timer



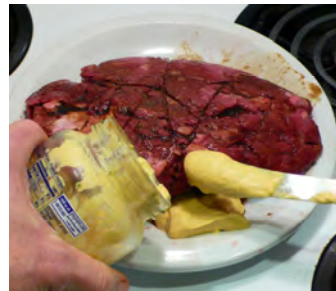
1. First, make sure to note the weight of the **meat** on the price label before getting rid of the wrapper. You'll need to know the **meat** weight to estimate the cooking time.



...use a table knife to scoop **mustard** from the jar onto the side of the plate holding the **tenderloin** (3). Be careful not to touch the **meat** with the knife to avoid contaminating the **mustard** in the jar. Then spread **mustard** evenly on both sides of the **meat** (4) and finish...

(3)

(4)



2. Make shallow cross cuts as shown in (1) and (2) below on both the top and...

(1)

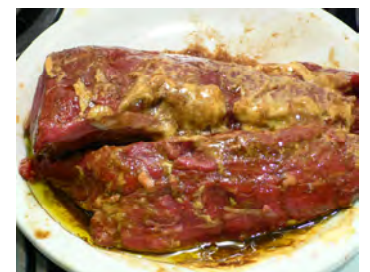
(2)



...by drizzling a light, even coat of **olive oil** on both sides of the **meat** (5) so that it looks about as shown in (6).

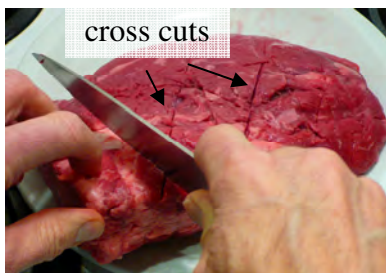
(5)

(6)



...bottom of the **tenderloin** (3).

(3)



4. Set a timer for two hours (1). Put the **meat** on a roasting rack (optional) inside a baking/roasting pan and let the **meat sit** and warm to close to room temperature (2). (This is an optional step but will ensure more even cooking.)

(1)

(2)

3. Shake on a light dusting of **garlic powder** (1) and an even coat of **Worcestershire sauce** (2) on both sides of the **tenderloin**. Next...

(1)

(2)



5. After the two hours have passed (if you let the **meat** warm), set an oven rack a third to half way up from the oven bottom (1) and preheat the oven to 400 degrees (2).

(1)

(2)



6. The tip of the ovenproof meat thermometer should be placed as close to the center of the **meat** as possible to get the most reliable temperature reading. To get an idea how deeply to insert the thermometer, line up the thermometer probe as shown in (1) and then insert the thermometer into the middle of the **meat** piece as shown in (2).

(1)

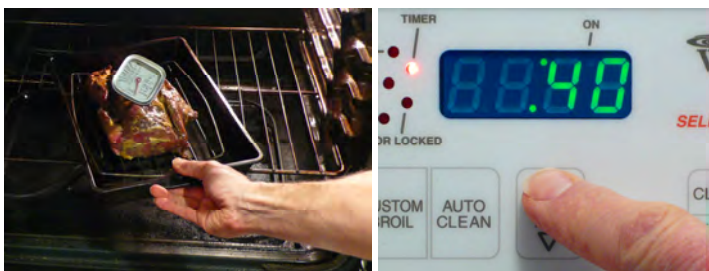
(2)



7. Put the **meat** in the oven when the oven warms to 400 degrees (1) and set the timer for the proper cooking time according to the weight of the **meat** at 15 minutes per pound for MEDIUM RARE doneness (2). (My tenderloin was 2.4 pounds. At 15 minutes per pound, I set the cooking timer for 40 minutes).

(1)

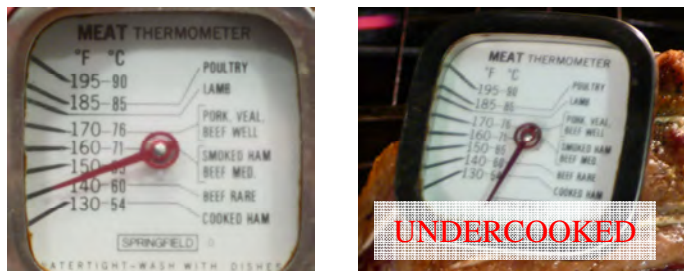
(2)



8. When the cooking timer sounds, check the meat thermometer. The **meat** is cooked to medium rare at 140 degrees (1), medium at 155-160 degrees and well done at 170 degrees. If however, the meat thermometer does NOT start to register as shown in (2), keep cooking and checking the temperature every 10 minutes or so until it registers at the desired doneness temperature.

(1)

(2)



9. When the **tenderloin** is cooked to the desired doneness temperature, remove it from the oven with a potholder (1), transfer it to a cutting board as shown in (2). Then...

(1)

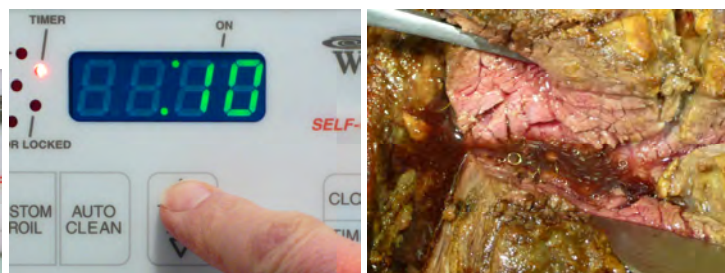
(2)



... set a timer for 10 minutes (3) and let the **meat** rest so that the **meat juices** settle and look as shown in (4).

(3)

(4)



10. After the **meat** has rested, cut it in cross section slices about $\frac{1}{2}$ - $\frac{3}{4}$ inches wide and serve warm.



11. To make clean up easy, remove as much fat and meat juice from the baking/roasting pan as possible with a wad of paper towels (1). Then add a squirt of dish soap and enough warm tap water to cover the pan bottom (2). Let the pan sit for 10 minutes, then scrub it clean with a brush and/or sponge (3).

