

MAIN COURSES

Beef Tenderloin



INGREDIENTS

4-5 lb - filet of beef
2 T - unsalted butter
1 T - kosher salt
1 T - black pepper, coarse

MAKES

8-10 servings

PAIR WITH

French Onion Soup

DIRECTIONS

Preheat oven to 500°.

Trim and tie the filet of beef.

Place the beef on a sheet pan and pat the outside dry with a paper towel. Spread the butter on with your hands. Sprinkle evenly with the salt and pepper. Roast in the oven 22 mins for rare and 25 mins for medium-rare (145°). Medium is 160°.

Remove the beef from the oven, cover it tightly with aluminum foil and allow it to rest at room temperature for 20 mins. Remove the strings and cut the filet in thick slices.