



Herb and Garlic Beef Tenderloin

Preparation Time: 10 mins

Cooking Time: 25-35 mins

Rest Time: 15 mins

Serves: 8

Difficulty: Easy

INGREDIENTS

Beef Tenderloin

3lb/900 grams Beef Tenderloin
3 cloves garlic minced (1.5tspns = 1 clove)
4 tablespoons butter, softened
1 ½ teaspoons dried oregano
2 teaspoons dried rosemary
1 ½ teaspoons salt
1 teaspoon dried parsley
1 teaspoon fresh ground pepper

Butter Sauce

3 tablespoons butter
1 teaspoon minced garlic
½ teaspoon dried oregano
½ teaspoon dried rosemary
½ teaspoon dried parsley
1 teaspoon balsamic vinegar
½ teaspoon Worcestershire sauce

Note:

Fresh Herbs: if using, then at minimum, double the amount, except for oregano.

Beef Tenderloin comes with different names, including eye filet (Australasia), filet (France), and fillet (UK, South Africa). Filet Mignon is a section of the Beef Tenderloin.

Butter can be replaced with olive oil on the tenderloin, but this will give a different flavor.

DIRECTIONS

1. Preheat oven to 475f/246c
2. In a small bowl, combine butter, herbs, garlic, salt & pepper. Ensure mixed well.
3. Pat dry the meat and spread the butter mixture evenly over the whole tenderloin.
4. Tie the tenderloin with string to try and get an even thickness. Tenderloins can be uneven and have flap sections.
5. Line a tray with foil and place a wire rack over the top, placing the beef tenderloin on the rack.
6. Roast in oven for 10 mins, then lower the temperature to 450f/232c and cook for 25-35 minutes depending on your preferred doneness.
7. Remove from oven and rest for 15 minutes – this is essential.

Butter Sauce

8. In a small saucepan, add 1 tablespoon butter, the garlic, and herbs. Stir until the butter is melted.
9. Add the balsamic vinegar and Worcestershire.
10. Turn off the heat and add the remaining 2 tablespoons of butter.
11. Serve with the beef tenderloin.

Note: 25 mins (rare), 30-35 mins (medium-rare). Great served with rosemary and parmesan potatoes, asparagus, Brussel sprouts or broccolini.