

Beef Tenderloin Roast

Servings: 6–8

Ingredients

- 1 (3–4 lb) beef tenderloin, trimmed
- 2 tablespoons olive oil
- 3–4 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped (or 1 teaspoon dried)
- 1 tablespoon fresh thyme, chopped (or 1 teaspoon dried)
- Salt and freshly ground black pepper
- 2 tablespoons Dijon mustard (optional, for a flavorful crust)

Directions

1. Preheat oven to 425°F (220°C).
2. Pat the beef tenderloin dry with paper towels. Rub olive oil over the entire roast.
3. Mix garlic, rosemary, thyme, salt, and pepper. Rub the mixture all over the beef. Optionally, brush with Dijon mustard before seasoning for extra flavor.
4. Place the roast on a rack in a roasting pan. Insert a meat thermometer into the thickest part.
5. Roast for about 25–35 minutes for medium-rare (internal temperature 130–135°F / 54–57°C). Adjust time depending on roast size and desired doneness.
6. Remove from the oven and tent loosely with foil. Let rest 15 minutes before slicing.
7. Slice and serve.

Tips:

- Serve with pan sauce, roasted vegetables, or mashed potatoes.
- For an extra crust, sear the tenderloin in a hot skillet 2–3 minutes per side before roasting.

Garlic-Herb Butter Beef Tenderloin Roast

Servings: 6–8

Ingredients

- 1 (3–4 lb) beef tenderloin, trimmed
- 3 tablespoons unsalted butter, softened
- 3–4 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon olive oil

Directions

1. Preheat oven to 425°F (220°C).
2. In a small bowl, mix butter, garlic, rosemary, thyme, salt, and pepper.
3. Pat the beef tenderloin dry. Rub olive oil over the entire roast, then spread the garlic-herb butter all over the meat.
4. Place the roast on a rack in a roasting pan. Insert a meat thermometer into the thickest part.
5. Roast for 25–35 minutes for medium-rare (internal temperature 130–135°F / 54–57°C). Adjust time for desired doneness.
6. Remove from oven, tent loosely with foil, and let rest for 15 minutes before slicing.
7. Slice and serve, spooning any melted butter from the pan over the meat.

Optional: Sear the tenderloin in a hot skillet 2–3 minutes per side before roasting for an extra-browned crust.