

# Slow-Roasted Beef Tenderloin

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YIELD:  
Serves 4 to 6

ACTIVE TIME:  
30 minutes

TOTAL TIME:  
4 hours, plus up to overnight if resting

*THIS RECIPE APPEARS IN: The Food Lab: The Secret to Perfect Beef Tenderloin? The Reverse Sear Strikes Again*

**Whole-roasted beef tenderloin is a once-a-year celebratory dish that can be fantastic if done properly. The problem is, its extra-lean meat dries out and overcooks very easily. Our slow-roasting reverse-sear method ensures perfectly medium-rare meat from edge to center with a nicely browned, flavorful crust.**

## Why this recipe works:

- Salting the roast and letting it rest uncovered overnight makes for deeper seasoning and a dryer surface for more efficient browning.
- Slow-roasting in a low oven cooks the tenderloin evenly from edge to center.
- Basting the tenderloin with browned butter flavored with thyme and shallots enhances browning and gives it more flavor.
- Note: For best results, season and trim meat and allow to rest at least overnight uncovered in the refrigerator to improve seasoning, browning, and texture. A center-cut beef tenderloin is also called a Chateaubriand. Ask your butcher for it, or buy a whole tenderloin and trim it yourself, reserving the ends for another use. Plan on 1/2 a pound of meat per person.

## INGREDIENTS

1 center-cut trimmed beef tenderloin, 2 to 3 pounds (see note above)

Kosher salt and freshly ground black pepper

4 tablespoons unsalted butter

4 sprigs thyme

1 shallot, roughly sliced

Finely minced chives, for serving

Coarse sea salt such as fleur de sel or Maldon, for serving

Horseradish Cream Sauce, for serving

## DIRECTIONS

1. **The Day Before:** Using butcher's twine, tie tenderloin at 1-inch intervals using butcher's knots. Season generously with salt and pepper. Transfer to a wire rack set in a foil-lined rimmed baking sheet and refrigerate uncovered at least overnight and up to 2 nights.
2. **When Ready to Cook:** Adjust oven rack to center position and preheat oven to 225°F. Place baking sheet with rack and tenderloin in the oven and roast until internal temperature registers 120 to 125°F on an instant-read thermometer, 2 to 3 hours. Remove from oven and set aside at room temperature for 10 minutes. Cut and remove twine.
3. **To Finish Under Broiler:** Adjust rack to 6 inches from broiler element and preheat broiler to high. Heat butter, swirling, in a medium skillet over high until foaming subsides and butter turns a light nutty brown. Add thyme and shallots and stir until crackling stops. Pour butter mixture over tenderloin and spread with a spoon until all surfaces are coated. Remove the shallots from the top surface of the meat. Place pan with tenderloin under the broiler and broil, turning every 30 seconds, until well browned on all sides and an internal temperature registers 125°F for rare or 130°F for medium-rare, about 2 minutes total. Proceed to Step 5.
4. **To Finish on Stovetop:** Heat butter, swirling, in a medium skillet over high heat until foaming subsides and butter turns a light nutty brown. Add tenderloin, shallots, and thyme, and cook, turning occasionally and spooning the hot butter and aromatics over the roast until well browned on all sides and an internal temperature registers 125°F for rare or 130°F for medium-rare, about 1 1/2 minutes.
5. Transfer tenderloin to cutting board and allow to rest for 5 minutes. Slice into 1/2-inch slices, sprinkle with chives and coarse sea salt, and serve with Horseradish Cream Sauce.