




Roast Beef Tenderloin Recipe

Ingredients

1- 4 lb. trimmed center-cut beef tenderloin
1/2 tbsp olive oil
2 tsp salt
1 1/2 tsp fresh ground pepper
6 cloves garlic, minced
1 to 2 tbsp fresh rosemary leaves, chopped
kitchen twine
1 tbsp vegetable oil

Instructions

1. Let tenderloin sit at room temperature for 1 hour before cooking. Preheat oven to 450 F.
 2. Pat dry the tenderloin with paper towels. Rub tenderloin with olive oil and generously season with salt and fresh ground pepper.
 3. In a small bowl mix together minced garlic and chopped rosemary; rub all around the tenderloin.
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4. Place tenderloin over pieces of precut kitchen twine spaced one-inch apart and tie them closed.
5. Heat vegetable oil in a 12-inch cast iron skillet over medium-high heat. When oil is hot, add tenderloin and sear for about 3 to 4 minutes per side, or until browned all around.
6. Transfer skillet to the oven and continue to cook for 25 to 30 minutes, or until internal temperature reaches 130 F. Cooking time can vary depending on your oven and the thickness of your tenderloin; always check for desired doneness using a meat thermometer.
7. Remove skillet from oven and transfer meat to a cutting board. Tent a piece of foil over the tenderloin and let rest for 10 to 15 minutes before cutting.
8. Cut into 1/2 inch slices and serve.