



Whole Tenderloin Roast, the Easy Way

for a 5lb Trimmed and Tied Beef Tenderloin, serves 10-12

Olive Oil

Salt

Fresh Ground Black Pepper

Rosemary, optional

Sliced Garlic, optional

1. Let beef rest outside of fridge for at least 30-40 minutes before roasting—this helps get the chill off of the meat and doesn't affect the temperature of your oven once it's been preheated.
2. Preheat oven to 400°F.
3. Place roast in a roasting pan or on a sheet tray and rub it down with a little olive oil. Heavily season with salt and black pepper (it's a big piece of meat!). Insert whole sprigs of rosemary and garlic under ties if you'd like.
4. Roast in center of oven for 45-60 minutes (40-50 minutes for a 4lb roast) or until beef is temped in the center of the roast to 125°F for medium rare or 130°F for medium.
5. Let rest for at least 20-30 minutes before slicing and plating (this lets the juices redistribute and keep the roast juicy).