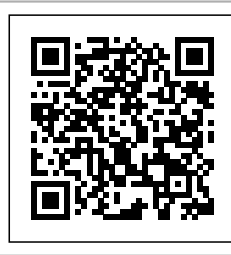


Perfect Roasted Beef Tenderloin



Scan Code To Watch
Video!



Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- __ 3lb Trimmed Beef Tenderloin, tied with kitchen twine
- __ Fresh Chopped Rosemary, about 2 Tbsp
- __ 3 Cloves of Garlic, grated or finely minced
- __ Salt and Pepper to taste
- __ Olive Oil
- __ 1 Large Onion, cut into quarters
- __ 3/4 cup of Red Wine (I used Merlot)
- __ 1/2 cup of Water
- __

For The Horseradish Sour Cream:

- __ 2 cups of Sour Cream
- __ 2 Tbsp of Prepared Horseradish
- __ Salt and Pepper to taste
- __ Dash of Worcestershire Sauce
- __ 2 Tbsp of Chopped Chives

1) Preheat your oven to 425 degrees. Season the beef really well on all sides with salt and pepper and set aside (make sure the beef has been resting at room temperature for 1 hour before cooking).

2) In a large skillet (oven proof) add about a tablespoon or two of olive oil preheat until smoky, add the beef, sear on all sides including the ends until deeply seared and brown, meanwhile, in a small bowl, mix together the rosemary, garlic and one Tbsp of olive oil.

3) Rub or spoon the rosemary garlic mixture all over the top and sides of the roast once seared (make sure its flipped top side up), add the onions in the skillet along with the wine and water, insert the probe through the thickest part of the beef, pop it in the oven and bake until temperature reaches 125 degrees.

4) Tightly cover the beef with foil and allow to rest for 10 minutes, then slice, spoon over the sauce and serve with horseradish sour cream.

For the Sour Cream, mix together all ingredients and set aside until ready to serve.

