

## ***Herb Crusted Beef Tenderloin***

*Author: Deb Buzar, professional chef*

*Source: Cooking class, April 2008*



**5 pounds beef tenderloin**

**1 teaspoon salt, or to taste**

**1 teaspoon freshly ground black pepper, or to taste**

**HERB CRUST:**

**2 tablespoons Italian parsley, minced**

**4 teaspoons rosemary, minced**

**2 teaspoons thyme, minced**

**2 teaspoons fresh garlic, finely minced**

**CABERNET SAUCE:**

**1 medium shallot, minced**

**1/4 teaspoon salt**

**1/2 cup dry red wine**

**1 1/2 cups low-sodium chicken broth**

**1 tablespoon light brown sugar**

**2 tablespoons unsalted butter, softened**

**2 tablespoons all-purpose flour**

**2 teaspoons fresh thyme, minced**

**CREAMY HORSERADISH SAUCE:**

**1/2 cup heavy cream**

**1/4 cup prepared horseradish**

**1/8 cup mayonnaise**

**1/2 teaspoon dry mustard**

**1 dash freshly ground black pepper**

***Blog: Carolyn T's Blog:***

***<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 754 Calories; 62g Fat (74.6% calories from fat); 43g Protein; 5g Carbohydrate; 1g Dietary Fiber; 185mg Cholesterol; 430mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.*

***Carolyn T's  
Cookbook***

**Servings: 10**

1. Preheat oven to 425 degrees. Take the meat out of the refrigerator and cover loosely, about 1 hour prior to roasting (to take the chill out of the meat, for better roasting). Trim the meat as necessary, to remove ALL silverskin. Season the meat to taste with salt and freshly ground black pepper no more than 30 minutes before cooking. If salted too long before roasting, the salt will take some moisture out of the meat.
2. In a small bowl combine the pepper, parsley rosemary, thyme, garlic and mix well. Set aside.
3. In a large saute pan large enough to hold the meat, over medium high heat, add olive oil to coat the bottom of the pan. Add beef and brown on all sides. Do not burn the meat because you use the brown bits in the sauce, but keep temp below that level. Transfer meat to a shallow roasting pan. Rub meat with herb and garlic rub and insert a thermometer in the middle of the meat. Roast until the meat registers the desired temp: 125-130 for rare, 135-140 for medium rare, and 150-155 for medium, about 25-40 minutes.
4. Let the roast stand 15-20 minutes before carving.
5. CABERNET SAUCE: To the same saute pan as you browned the meat, add the shallot and salt. If there is not enough fat in the pan, add just a teaspoon or two. Return to medium-low heat and cook until softened, about 4 minutes. Stir in the wine, scraping up the browned bits. Add the broth and sugar, bring to a simmer, and cook until the mixture is reduced by two-thirds, about 8 minutes. Pour any accumulated beef juices into the simmering sauce. Knead softened butter and flour together with your fingers (or a fork) as tough you are making pastry. Add little bits of this mixture into the hot liquid, whisking constantly, until the ingredients are well blended and the sauce is thickened to your satisfaction. Do not make the gravy too thick - it should be a thin sauce.
6. Do not boil the sauce, but simmer long enough just to dispel the floury taste. Add thyme just before serving. Pour a small amount of gravy on each serving.
7. CREAMY HORSERADISH SAUCE: Whip cream with a mixer until stiff peaks form. Gently fold in remaining ingredients. Serve a dollop of this alongside the beef.