

PEPPERCORN ROASTED BEEF TENDERLOIN

By Dr. Cindy Tanzar
(Standard/Maintenance)

Beef tenderloin is an incredibly flavorful, melt-in-your-mouth dish that is easily the star of any Christmas dinner menu. It is beyond simple to prepare, using only a few ingredients and minimal roasting time. Beef tenderloin is one of those dishes that gives the impression of hours of kitchen time, when very little effort is required. It is usually best prepared medium-rare (try it, you won't be disappointed), but will still remain tender with longer roasting.

Makes 8-12 servings. Each serving is 3oz of protein.



INGREDIENTS

1 whole beef tenderloin, trimmed of fat and silver skin (avg. weight of 6-1/2 pounds trimmed – tuck under and tie ends, if uneven in size)

Avocado or Organic coconut oil

Pink Himalayan salt, to taste

1/3 cup peppercorns, crushed with a rolling pin or coarsely ground in a coffee grinder

1 stick Kerry Gold butter

2 large cloves garlic, crushed



INSTRUCTIONS

Take tenderloin out of the fridge allow to come to room temperature 1 hour before roasting.

Preheat oven to 450°F. Place beef on a roasting rack over an aluminum foil lined baking pan and rub lightly with enough oil for peppercorns to attach.

Sprinkle with sea salt. Press the crushed peppercorns over the surface of the meat. Insert meat thermometer and place in oven until beef registers 120-125 for rare; 130 for medium rare; and 140 for medium. (Temperature will rise about 5 degrees when resting.) Roasting time is approximately 25-35 minutes for medium rare – keep an eye on the thermometer.

While meat is roasting, melt the butter with crushed garlic in a small pan, allow it to brown slightly. Remove garlic and discard. Pour over meat as soon as removed from oven.

Remove from oven and allow to sit for 10 minutes, tented with foil. Transfer the beef to a cutting board or plate to catch the juices when carving.