RECIPE

Roast Beef Tenderloin

A herb-rubbed roast beef tenderloin, a simple holiday dinner that roasts in under an hour, cut into five-ounce portions of lean beef.

MAKES

8 servings US Metric

TOTAL

1 h 45 min

Ingredients

- [ ] 2 ½ lb center-cut beef tenderloin, trimmed and tied
- [ ] 1 tbsp olive oil
- [ ] 1 tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 tsp garlic powder
- [ ] 1 tbsp chopped fresh rosemary
- [ ] 2 tsp chopped fresh thyme

Method

1. Salt the tenderloin all over with the 1 tsp salt and leave it on the counter for 1 hour. Heat the oven to 425 °F with a rack in the middle. Line a rimmed baking sheet with foil and set a rack on it if you have one.

2. Mix the oil, garlic powder, rosemary, thyme and pepper into a loose paste. Pat the beef dry and rub the paste all over it.

3. Lay it on the rack. Push a thermometer into the thickest part, not touching the string.

4. Roast uncovered. Start checking at 30 minutes; it takes 35 to 50 minutes depending on thickness. Take it out at 140 °F in the middle, and it climbs to the safe minimum, 145 °F, as it rests. The USDA minimum is 145 °F with a 3-minute rest. A pink centre means pulling earlier and is below that line.

5. Tent loosely with foil and rest at least 10 minutes. The middle is 145 °F or more by the end of the rest; if it is not, return it to the oven a few minutes.

6. Cut off the string. Slice 1 inch thick with a long sharp knife.

7. Cool leftovers and refrigerate within 2 hours. Slice cold for sandwiches. Reheat to 165 °F.