

Horseradish-encrusted roasted beef tenderloin

Serves: 6 to 8

Ingredients:

1 whole (4 to 4.5 pounds) beef tenderloin, trimmed
Kosher salt
Freshly ground black pepper
½ cup plus 2 tablespoons olive oil, divided
3 cups Japanese breadcrumbs (Panko)
¾ cup prepared horseradish
½ cup fresh parsley, finely chopped
¼ cup fresh thyme leaves, stems removed, or 2 tablespoons dried thyme flakes
3 garlic cloves, minced (about 1 tablespoon)
1 cup Dijon mustard

Directions:

Preheat oven to 400 degrees and set a meat thermometer out for later use.

Unwrap the tenderloin, place it in a roasting pan and let it sit at room temperature for 30 minutes to “take the chill off.” This step ensures even and quick cooking.

Sprinkle the top of the tenderloin with 1 teaspoon of kosher salt and ½ teaspoon of pepper. Add the 2 tablespoons of olive oil to a large sauté pan and heat over medium-high heat until hot, about a minute. Add the tenderloin and sear on all sides to brown the surface, about 3 to 4 minutes total.

Return the tenderloin to the roasting pan and let it rest for about 10 minutes. (At this point, you can continue to the next step or cover the roast in aluminum foil and refrigerate for up to 24 hours. Let the roast come to room temperature before adding the Dijon and breadcrumb coating.)

Meanwhile, in a medium bowl, use a fork to combine the breadcrumbs, horseradish, parsley, thyme, garlic, 1 teaspoon kosher salt and 1 teaspoon black pepper. Pour the mixture onto a foil-lined baking sheet and set aside.

After the meat has rested, pat it dry with paper towels. Use a basting brush to generously coat the entire tenderloin with the Dijon mustard. Next, roll the beef in the breadcrumb mixture, pressing gently as needed so the crumbs adhere evenly, making sure to cover the entire tenderloin.

Return the tenderloin to the roasting pan and drizzle the top with the remaining $\frac{1}{2}$ cup of olive oil. Place the pan in the center of the oven and cook the roast until it is golden brown with an internal temperature of at least 130 degrees (for medium-rare), about 40 to 45 minutes. Insert a meat thermometer into the thickest point of beef to ensure an accurate temperature reading.

Remove the roast from the oven and transfer the tenderloin to a cutting board. Cover loosely with aluminum foil and let the roast rest for 10 minutes to prevent the juices from running out when carved. The meat will continue to cook as it rests which will increase the internal temperature (145 degrees after resting for medium-rare).

To carve the tenderloin, start at one end and cut into half-inch slices. Transfer to a serving platter and enjoy.