

Beef Tenderloin

The best, juicy roast Beef Tenderloin slathered with garlic butter that melts in your mouth with every bite! Even better when served with a rich and rustic, easy to make red wine sauce (or jus).



5 from 4 votes

Prep Time

15 mins

Cook Time

25 mins

Rest Time

15 mins

Total Time

40 mins

Course: Dinner Cuisine: American Keyword: beef tenderloin Servings: 8 people

Calories: 895kcal Author: Karina

Ingredients

TENDERLOIN:

- 5-6 pounds (2.5-3 kg) beef tenderloin, trimmed
- 3 teaspoons coarse salt
- 1 1/2 teaspoons fresh cracked black pepper
- 2 tablespoons canola or vegetable oil
- 1/2 cup unsalted butter, divided
- 4 large cloves garlic, minced
- 1/2 teaspoon Dijon mustard (optional)

RED WINE SAUCE:

- 2 tablespoons vegetable or canola oil
- 1 onion (or brown shallots) finely chopped
- 1 1/2 cups (375 ml) dry red wine (Merlot or Pinot Noir)
- 2 cups (500 ml) beef stock or broth
- 1 sprig fresh thyme or rosemary
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon salt

Instructions

BEEF TENDERLOIN

1. Slice tenderloin in half crosswise to create 2 smaller roasts. If roast is untied, fold ends up against the centre/thicker part of each roast and tie with kitchen twine spaced about 1-inch apart. Make sure each halve is even in thickness.
2. Chill in the refrigerator, uncovered, for 12 hours (if time allows).
3. Let beef stand at room temperature for 1-2 hours before roasting.
4. Arrange oven rack to the middle of your oven and preheat to 430°F (220°C).
5. Season each beef tenderloin roast all over with salt and pepper. Heat the oil in an oven-proof skillet over medium-high heat until hot.
6. Sear roasts on all four sides for about 3 minutes each side (about 12 minutes total), turning with tongs until well browned.

7. Combine butter, garlic and Dijon (if using) together in a small bowl while roasts are searing. Set one half of the butter mixture aside to use later for the sauce.
8. Slather remaining garlic butter over each roast (about 2 tablespoons each).
9. Transfer skillet into the hot oven. (Alternatively: Transfer roast to a lightly greased roasting pan or baking dish.)
10. Roast until an instant-read thermometer inserted into the thickest part registers 120-125°F for medium rare (about 20-25 minutes).
*Or cook to your liking:

115-120°F for rare

130-135°F for medium

(Temperature will continue to rise about 5 degrees while the meat rests.)
11. Transfer the roast to a carving board and let rest for 15 minutes. Keep the juices in the pan to make the sauce (see below).
12. Carve the beef tenderloin into 1/2-inch-thick slices and serve the beef tenderloin with the optional red wine sauce.

RED WINE SAUCE

1. Skim fat off the remaining juices in the pan (if any).
2. Heat oil in the same pan with remaining pan juices over medium-high heat. Sauté onion for about 3 minutes until lightly browned and softened, scraping up any browned bits left from the beef.
3. Add thyme/rosemary and season with pepper. Continue cooking for a further minute or so while stirring often.
4. Pour in red wine and cook until reduced by half.
5. Add in beef stock and bring to a boil. Reduce heat and simmer until reduced by half. Remove the sprig of thyme or rosemary.
6. Season with salt to taste and whisk in reserved garlic butter. Pour in any juices left over from the resting steaks just before serving.

OPTIONAL FOR A SMOOTH AND SILKY SAUCE: strain sauce through a sieve and discard the onion before serving.

Nutrition

Calories: 895kcal | Carbohydrates: 4g | Protein: 53g | Fat: 70g | Saturated Fat: 33g | Cholesterol: 228mg | Sodium: 913mg | Potassium: 1061mg | Sugar: 1g | Vitamin A: 355IU | Vitamin C: 1.7mg | Calcium: 39mg | Iron: 7.1mg