

# Sous Vide Beef Tenderloin



Take your Beef Tenderloin to the next level this holiday season. Don't leave expensive cuts to chance. When you have a cut like this, you have to get it right, and the Anova Sous Vide Precision Cooker does just that. Edge-to-edge perfection, with no chance of overcooking.

## Author

Aly Romero

As a Mom, Wife, and culinary student, Aly uses Anova to whip up super-simple meals that she can feel confident are perfectly cooked time after time and knows the whole family will enjoy!

**Prep Time: 00:05**

**Recipe Time: 03:00**

**Temperature : 134F / 56.7C**

## Ingredients

- 1 beef tenderloin, 3-4 pounds. Tied/trussed (optional)
- Kosher Salt
- Fresh cracked pepper
- Rosemary
- Thyme
- 3 cloves garlic, smashed
- Olive oil
- Butter

## Directions

1. Set Anova Sous Vide Precision Cooker to 134°F / 56.7°C
2. Season tenderloin with salt and pepper. Place the tenderloin
3. Place beef in resealable ziploc bag or vacuum bag. Add rosemary, thyme, crushed garlic cloves, and olive oil. Sous vide for 2-3 hours.

## Finishing Steps

1. Heat heavy-bottomed pan over high heat.
2. Remove tenderloin from bag, dry thoroughly, reserve herbs and garlic.
3. Add olive oil to pan and sear beef on both sides for 1-2 minutes until the desired sear is reached. For the last 30 seconds, add butter, herbs, and garlic and baste beef with the herb-infused butter.
4. Slice beef into 1/2" medallions and enjoy perfectly cooked beef tenderloin!