

Roasted Beef Tenderloin



Ingredients:

1 whole (5-6 lb) Beef Tenderloin
4 tbsp salted Butter, or more to taste
1/3 cup whole Peppercorns, more or less to taste
Lawry's Seasoned Salt
Lemon Pepper seasoning
Olive oil

Instructions:

Preheat oven to 475°.
Rinse meat well.
Trim away some of the fat to remove the silvery cartilage underneath.
You definitely don't want to take every last bit of fat off—not at all.
Sprinkle meat generously with Lawry's.
You can much more liberally season a tenderloin, because you're having to pack more of a punch in order for the seasoning to make an impact.
Start with Lawry's Seasoned Salt & rub it in with your fingers.
Sprinkle both sides generously with lemon & pepper seasoning.
Place the peppercorns in a zip-top bag, and with a mallet or a hammer or a large, heavy can, begin smashing the peppercorns to break them up a bit.
Set aside.
Heat some olive oil in a heavy skillet.
When the oil is to the smoking point, place the tenderloin in the very hot pan to sear it.
Throw a couple of tbsp of butter into the skillet to give it a nice little butter injection before going in the oven.
A minute or two later, when one side is starting to turn nice and brown, flip and repeat.
Place the tenderloin on an oven pan with a rack.
Sprinkle the pummeled peppercorns all over the meat & press the pepper onto the surface of the meat.
Put several tbsp of butter all over the meat.
Stick the long needle of the thermometer lengthwise into the meat.
Place it in a 475° oven until the temperature reaches just under 140°, about 15 to 20 minutes.
Stay near the oven and keep checking the meat thermometer to make sure it doesn't overcook.

Let meat stand 10 minutes or so before slicing, so the meat will have a chance to relax a bit.

To serve, you can spoon the olive oil/butter juices from the skillet onto the top of the meat for a little extra flavor.

Marsala Sauce

Ingredients:

- 1 tbsp Olive Oil
- 1 Onion, chopped
- 1 clove Garlic, minced
- 2 cups Mushrooms, sliced thickly
- 1 tbsp fresh chopped Rosemary or 1 tsp dried Rosemary, chopped
- 1 tbsp Flour
- ½ cup sweet Marsala wine
- 1 cup Stock, Chicken or Vegetable
- ½ cup double Cream/heavy Cream
- Salt to taste
- Pepper to taste
- 1-2 sprigs Parsley, optional

Directions:

Heat the olive oil in a frying pan and saute the chopped onions over low heat for 5-7 minutes, then add the garlic and cook briefly for 30 seconds while stirring. Add the mushrooms with a pinch of salt, pepper and chopped rosemary and brown over medium heat until golden.

Sprinkle the mushrooms with flour and stir to coat.

Deglaze the pan with the Marsala wine and let it bubble away for about 5 minutes until it's reduced by a half.

Then add the stock and cook for 5 minutes longer.

At the end stir in the double/heavy cream and let it warm through.

Taste for seasoning and add more salt if needed, then take off the heat.

Sprinkle with fresh parsley before serving if using.