

Beef Tenderloin

Makes 8 servings

Ingredients

Beef Tenderloin, trimmed	4 lbs
Olive Oil	2 tablespoons
Salt	To Taste
Pepper	To Taste

Method of Preparation

1. Gather all ingredients and equipment
2. Preheat oven to 375 degrees
3. Season beef tenderloin with salt and pepper
4. Heat a large sauté pan to high heat
5. Add olive oil (should smoke)
6. Sear beef tenderloin on all sides
7. Place seared beef tenderloin on a rack in a roasting pan and place in preheated oven
8. Cook for 20 to 25 minutes (internal temperature of 125 degrees)
9. Let rest for 15 minutes before carving
10. Carve and serve