

## Garlic and Rosemary Beef Tenderloin

### Ingredients for Tenderloin:

2 to 4 pounds beef tenderloin, trimmed and tied if necessary  
1 teaspoon Kosher salt per pound of meat  
1/2 teaspoon to 1 teaspoon black pepper  
1/2 teaspoon to 1 teaspoon fresh rosemary, finely chopped  
1 large garlic clove, coarsely chopped  
2 tablespoons cooking oil

### Directions for Tenderloin:

Sprinkle the entire surface of the beef tenderloin with Kosher salt, pepper, rosemary, and garlic. Set the beef on a rack, put over a large rimmed baking sheet. Refrigerate, uncovered at least 24 hours and up to 36 hours. Let the beef tenderloin come to room temperature for 1 hour before roasting. Heat the oven to 450 degrees F. Remove as much of the garlic from the tenderloin as possible (garlic will burn).

In a large oven-proof skillet over medium/high heat, heat the oil. Add the meat and brown all over, about 4 minutes per side. If the tenderloin is too large for the skillet, cut the meat in half. Place the skillet on the oven's middle rack and roast until an instant-read thermometer shows 120 degrees (for rare), 10 to 20 minutes. Let meat rest for 10 minutes before carving. Serves 4 to 6 with 2 pounds of meat. Serves 8 to 10 with 4 pounds of meat.

### Ingredients for Horseradish Sauce:

7 ounces crème fraîche  
1/8 cup white horseradish  
Grated zest of half an orange  
Approximately 1/4 teaspoon salt  
Approximately 1/8 teaspoon pepper

### Directions for Horseradish Sauce:

In a small bowl, whisk together the crème fraîche, the horseradish, and orange zest. Season to taste with salt and pepper. Serve with tenderloin. Yields 1 cup.

### Ingredients for Roasted Garlic Sauce:

2 heads garlic, not peeled  
1 slice of firm white bread, torn into pieces  
3 tablespoons cooking oil  
2 tablespoons sour cream  
2 teaspoons fresh lemon juice  
1/2 teaspoon salt  
1/3 cup water

### Directions for Roasted Garlic Sauce:

Preheat the oven to 350 degrees. Remove any loose papery skin from the garlic, leaving head intact. Wrap each garlic head in foil and place in a small baking dish. Roast until garlic has softened, approximately 1 hour. When cool enough to handle, separate garlic into cloves or squeeze the pulp from the cloves all at once. Squeeze the soft garlic from each clove into the bowl. In a food processor with a knife blade attached, puree the garlic, bread, oil, sour cream, lemon juice, and salt until smooth. Add water and process until blended. Serve, or cover and refrigerate up to 1 day and then bring to room temperature. Makes 1 cup. Serve with beef.