

Feb. 7 – Buttery Rosemary Beef Tenderloin

Ingredients:

Canola oil, for beef rub
1 to 3 lb. Beef Tenderloin Roast
1 Tbsp. Seasoning salt
Freshly ground black pepper
6 Tbsp. butter, cut into slices
6 sprigs of fresh rosemary

Directions:

Preheat oven to 475°. Rub the fresh beef tenderloin all over with oil and season generously with seasoned salt and pepper. Heat a large skillet over medium-high heat. Sear tenderloin on all sides until golden, about 2 minutes per side.

Transfer your beef to a baking dish and top all over with butter and rosemary sprigs.

Roast until a meat thermometer reaches 140°, about 25 minutes.

Let the loin stand for about 15 minutes, then slice and serve.