

Mustard-Herb Crusted Beef Tenderloin

Recipe Cookbook: Food Associations

Chapter: The National Cattleman's Beef Association

Prep Time: 10 minutes

Cooking Time: 55 minutes

INGREDIENTS:

1 4-lb beef tenderloin, trimmed of fat a& tied with kitchen string
2 TBS olive oil, divided
1 TBS rosemary, fresh
2 large cloves garlic
5 TBS bread crumbs
3 TBS Dijon mustard

DIRECTIONS:

Preheat oven to 425° F. Salt & pepper tenderloin. Spread 1 TBS olive oil in a shallow roasting pan. Place tenderloin in pan. Roast for 30 minutes.

Finely mince rosemary & garlic. In small bowl, mix together remaining olive oil, rosemary, garlic & bread crumbs. Salt/pepper to taste.

Remove tenderloin from oven. Using pastry brush, spread it with mustard & pat the crumb mixture evenly over the mustard. Return the tenderloin to oven & roast another 25 minutes (or till a meat thermometer reads 125° F).

Remove tenderloin from oven & rest 15-20 minutes. Remove kitchen string. Slice & serve.

Serves: 6