

- MAIN DISHES -

HORSERADISH-CRUSTED BEEF TENDERLOIN



prep time

1 hour 10 minutes



portion for

6 people

The Ingredients:

- 2 LB Beef Tenderloin, trimmed
(preferably center-cut*)
- 2 TBSP Horseradish, prepared
- 1 TBSP Extra-Virgin Olive Oil
- 1 TSP Dijon Mustard
- ½ TSP Kosher Salt
- ½ TSP Spice of Life
- 2 TSP Ground Black Pepper

** Ask your butcher to remove the extra fat, silver skin and the chain (a lumpy, fat-covered piece of meat that runs along the tenderloin). If you buy untrimmed tenderloin, start with about 2½ LBS, then use a sharp knife to trim the silver skin, fat and chain*

Cooking Steps:

1. Preheat oven to 400°F.
2. Combine horseradish, oil and mustard in a small bowl.
3. Rub tenderloin with salt and pepper; coat with the horseradish mixture. Tie with kitchen string in 3 places and transfer to a small roasting pan.
4. Roast until a thermometer inserted into the thickest part of the tenderloin registers 140°F for medium-rare, 35 to 45 minutes.
5. Transfer to a cutting board; let rest for 5 minutes. Remove the string. Slice and serve with Creamy Horseradish Sauce.



CREAMY HORSERADISH SAUCE

2 CUPS Sour Cream, low-fat
½ CUP Horseradish, prepared
½ CUP Fresh Parsley, chopped

Combine all ingredients
in a in a medium bowl.

