

Roasting a Beef Tenderloin



Allow roast to come to room temperature.

Preheat oven to 350° F.

Generously rub Olive Oil over tenderloin, sprinkle salt, cumin & freshly cracked pepper.

Quickly sear all sides of tenderloin on high heat on a skillet on your stove top about 3 minutes per side.

Cook roast on middle rack at 350°F until it reaches internal temperature of 135°F for medium rare.

Approximate time depends on weight, 2-3lbs: 30-35 min., 4-6lbs: 45-55 min. Check temperature at different times. Remove roast from oven, let roast rest covered for 10-15 minutes. This will allow juices to distribute and will increase internal temperature 5 degrees.

** Please remember that each oven is different. Always use a meat thermometer to check on internal temp of roast at different times.*

