



coffee-crusted tenderloin

Our highly caffeinated Chef Lisa always has a cup of Joe at her side, so it should come as no surprise that she's taken her favorite grinds and brought them to this most special cut of beef, the tenderloin. This Coffee-Crusted Tenderloin is a pull-out-all-the-stops star, a juicy, super-flavorful and tender (hence the name, tenderloin) main course guaranteed to have everyone buzzing with praise.

SERVES: 8



julie albert & lisa gnat

ingredients

Coffee Rub

- 2 tbsp medium grind coffee
- 3 tbsp brown sugar
- 1 tbsp chopped fresh rosemary
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tsp garlic powder

3 lb beef tenderloin, center cut

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directions

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Set aside.
2. In a small bowl, combine coffee, brown sugar, rosemary, salt, pepper and garlic powder. Pat evenly over the beef and place on prepared baking sheet. Bake for 45 minutes or until desired doneness. For medium rare, you want to reach an internal temperature of 135-140°F. Remove from oven and let stand 10 minutes before slicing.

"I am a great eater of beef, and I believe that does harm to my wit."

— WILLIAM SHAKESPEARE



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