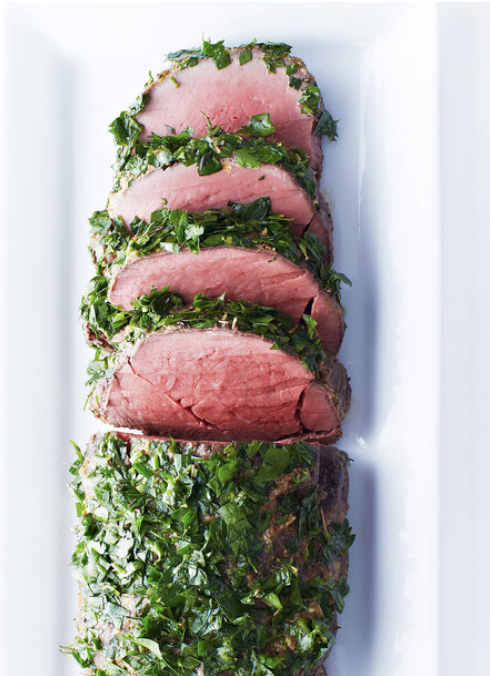


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# horseradish-crusted beef tenderloin

Beef tenderloin. Tender. Loin. True to its name, this is the butteriest cut of beef, the best of the best that we love to haul out for celebratory meals. Coated in a crust of spicy horseradish and Dijon mustard and then served with a zesty gremolata of parsley, rosemary and thyme, this flavourful, satisfying tenderloin is tops.

SERVES: 8



julie albert & lisa gnat

## ingredients

### Beef Tenderloin

- 3 lb beef tenderloin, center cut
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 tbsp Dijon mustard
- ½ cup bottled horseradish, drained and squeeze dried
- 2 tbsp olive oil
- Herb Gremolata
- 3 tbsp chopped Italian flat leaf parsley
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh thyme
- 1 tbsp olive oil
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 small garlic clove, minced
- Kosher salt and freshly ground black pepper, to taste

## directions

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Place tenderloin on baking sheet, pat dry and sprinkle with salt and pepper. Spread Dijon mustard over the top and sides of the beef. In a small bowl stir the horseradish and olive oil together and then coat top and sides of the meat with the horseradish mixture. Roast for 45 minutes for medium rare, (when a meat thermometer registers 145°F). Remove from oven and let stand 10 minutes before slicing.
2. While the beef is resting, prepare the gremolata. In a medium bowl, combine the chopped parsley, rosemary, thyme, olive oil, lemon zest, lemon juice, garlic, salt and pepper. Toss all ingredients together and spoon over sliced beef .

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