



Sam Arena

ROASTED TENDERLOIN with fresh herbs

This is a wonderful SPECIAL OCCASION dinner and easy to prepare.

When buying a whole tenderloin try to get a choice grade or angus beef. Have the butcher tie the roast and leave on as much fat as possible. A good butcher will fold the thin end under before tying. Most tenderloins run about 6 or 7 lbs.

Additional ingredients.....

- salt
- pepper
- parsley
- fresh rosemary
- garlic glove
- Dijon mustard



chop the fresh herbs and place them in a large baking pan along with salt and pepper. Do not chop the garlic. Place the whole cloves in the pan so they can be removed after cooking. Cover the entire roast with Dijon mustard. Roll the roast evenly in the herb combination.

Roast at 450 degrees for 35 minutes and leave it in the oven for an additional 35 min. with the oven off. Let rest for 15 minutes before slicing. The meat will be medium rare on the ends and rare in the middle.

Serve with asparagus and a lemon butter sauce and a starch of your choice.

Bon Appetit.....