

Cooking with Beef

Tenderloin Encrusted with Pepper Pesto

Ingredients

2 lb. Beef Tenderloin, cleaned and trimmed

Pepper Pesto

¼ cup Canola Oil
¼ cup Black Peppercorn, whole
1 clove Garlic, peeled
½ tsp Kosher Salt

Method

- Trim and clean the tenderloin off any sinews and silver connective tissues. Reserve.

Pepper Pesto

- In a small saucepan or sauce pot, gently simmer over low heat, the peppercorn, garlic and salt in the oil. Do not cook at high heat as it will burn the ingredients.
- When the garlic has turned light brown and tender, remove from the heat and let it cool completely
- Transfer the peppercorn and garlic into a pestle and mortar or food processor and puree till the ingredients become paste-like (pesto), adding a little of the oil just to moisten it
- The excess oil could be returned to the pepper pesto and this will preserve the pesto for up to a month in the refrigerator

Assembly

- Season the beef tenderloin with salt and pepper, sear the beef all over, transfer it to a baking sheet on a rack (this will allow air movement)
- Rub the peppercorn pesto over the beef and roast it in a preheated oven of 400F for about 10 minutes, then reduce the heat to 300F and cook for another 25 minutes (rare) to 35 minutes (medium)
- Let the tenderloin rest outside the oven, lightly covered with foil, for about 15 minutes before slicing it.