

Beef Tenderloin Roast Cooking Methods

Bake:

Preheat oven to 450°F. If desired, brush entire roast with olive oil prior to seasoning. Rub the roast with salt and pepper. Place on a rack in a shallow roasting pan.

4 pound roast: Roast for 15 minutes at 450°F. Reduce oven temperature to 325°F., continue roasting for 75-90 minutes or until the internal temperature reads 130°F. Remove the roast from oven and place on a heated serving platter. Allow it to rest for 5-10 minutes before carving. Final internal temperature will be approximately 135°F which is medium rare. A 4 lb. roast serves 6-8.

8 pound roast: Roast at 450°F for 15 minutes. Reduce oven temperature to 325°F and continue roasting for 1 1/2-1 3/4 hours or until the internal temperature reaches 130°F. Remove from oven and continue as above. An 8 lb. roast serves 12-16.

Or

Using a 5lb filet of beef tenderloin

Preheat oven to 450°F. Lightly sprinkle salt and pepper on all sides of tenderloin and place in shallow baking pan. Melt butter and brush over entire roast. Bake for approx. 60 minutes for rare. Use a meat thermometer to check for doneness. When roast is done, cover loosely and let stand in warm oven 15 minutes before slicing.
(Roast will be medium rare)
10-12 servings