

Slow Roasted Beef Tenderloin



Serves: 8

Time: 3 1/2 hours, plus resting

4-6 lb beef tenderloin, trimmed and tied

1 tablespoon kosher salt

1 teaspoon freshly ground black pepper

1 teaspoon fresh rosemary, chopped

1-2 cloves of garlic, minced

2 tablespoons grapeseed oil, optional if searing.

Convection Steam Oven Instructions

1. The night before roasting, place the tenderloin on a baking sheet or large dish and season all over with salt, pepper, rosemary, and garlic. Cover and place in the fridge. Let tenderloin come to room temperature for 1 hour before roasting.

2. Place tenderloin on the solid pan and place in the steam oven on rack position 2. Insert the meat probe into the center of the meat, then plug the probe into the receptacle. Press More > Slow Roast > Slow Roast Sear > Beef > Tenderloin > Rare or Medium > Start.

3. When tenderloin is done, remove from oven (no need to rest) and serve immediately. If more color is desired on the exterior of the tenderloin, heat 2 tablespoons of oil in a large skillet over medium-high heat. Sear each side of the tenderloin until brown all over, about 3 minutes per side. Let meat rest 5 minutes before serving.

- Serve with horseradish sauce if desired.