

**Roasted Beef Tenderloin**

For the Beef:

3 pound beef tenderloin

3 tablespoons of olive oil

1/3 cup of black pepper corns

5 sprigs each of fresh rosemary and thyme

Kosher salt to taste

For the Potatoes:

1/2 cup of mashed roasted garlic

1 cup of heavy cream

4 tablespoons of sour cream

2 tablespoons of extra virgin olive oil

6 peeled and roughly chopped large yukon gold potatoes

Kosher salt and fresh cracked pepper to taste

Serves 6

Procedures:

Tenderloin

Coat the tenderloin on all sides in olive oil, salt and pepper corns and sear it in a very large saute pan on high heat so that all sides become golden brown.

Transfer the tenderloin on to a rack in a pan and place the herb sprigs underneath the butchers twine covering the the top of the tenderloin.

Roast in the oven on 400° for 25 to 30 minutes or until the desired internal temperature is achieved.  Remove the butchers twine and herb and let the beef rest for 3 to 4 minutes before slicing.

Potatoes

Whisk together the garlic, cream and salt and pepper and keep warm.

Next add the potatoes to a large pot of salted water and cook just until the potatoes are done, about 15 to 18 minutes.

Strain the potatoes and transfer them back to the pot and mash.

Add in the garlic cream, sour cream, olive oil, salt and pepper and mix until combined.

Serve the potatoes along side the sliced beef tenderloin.