



# #MakeItGAP

## RECIPES

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### ROASTED GARLIC BUTTER BEEF TENDERLOIN

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**YIELD:** 4 Servings

**BEEF TENDERLOIN ROAST:**

1 1/2 lb. beef tenderloin roast  
Salt and pepper, *to taste*  
2 Tbsp. olive oil, *divided*  
1 Tbsp. butter  
Garlic butter (*see recipe*)  
1/3 cup wine or chicken broth  
Handful of garlic cloves  
3-4 springs of fresh rosemary,  
*plus more for garnish*

**GARLIC BUTTER:**

6 Tbsp. butter, *softened slightly*  
2 tsp. minced garlic  
1/2 tsp. finely chopped fresh rosemary  
1/2 tsp. finely chopped fresh thyme

**CREAM SAUCE:**

1 Tbsp. butter  
1/3 cup chicken broth  
1/3 cup heavy cream  
Salt and pepper, *to taste*

**PREPARATION:**

Preheat oven to 425°F.

Pat beef tenderloin dry with a paper towel. Rub all over with 1 tablespoon olive oil, then salt and pepper generously on all sides. Drizzle a cast iron skillet with remaining 1 tablespoon olive oil and add 1 tablespoon butter over medium-high heat. Once butter is almost melted, add beef and sear until browned on all sides (about 4-5 minutes, turning until all sides are browned). Remove from heat.

Spread garlic butter over the top of the beef. Add wine or broth to the pan, pouring it around the beef, not over the beef. Add garlic cloves and rosemary sprigs.

Transfer skillet to preheated oven on lowest rack. Cook for 20-25 minutes until center temperature reads 135°F (for very pink center) to 145°F (for more well-done center).

Remove from oven and allow meat to rest on a cutting board for 10 minutes before slicing and serving. Garnish with fresh rosemary sprigs or thyme.

**CREAM SAUCE:**

As the beef rests, prepare the cream sauce. Transfer garlic cloves to a cutting board and smash with a knife turned on its side to squeeze out the inside of the garlic. Discard roasted rosemary and wipe out the skillet with a paper towel to get rid of any blackened bits.

Add garlic back to the skillet along with 1 tablespoon butter, broth, and heavy cream. Stir over medium heat until reduced and thickened enough to just coat the back of a spoon. Add salt and pepper to taste. Spoon over sliced tenderloin and serve.

*Recipe adapted from [lecremedelacrumb.com](http://lecremedelacrumb.com)*