

Perfect Beef Tenderloin

- Season beef at least a day or two before with salt, pepper, and dried thyme
 - I make a blend of the three and roll the beef in it; the salt will really seep into the beef, so if you are doing this several days ahead, be careful not to over salt it
- Before cooking, bring beef tenderloin to room temperature
- Set oven temperature to 450 degrees
- Cook beef tenderloin **on a bed of fresh rosemary** in the top rack of your oven until the meat reaches 110 degrees (figure 15 minutes per pound; but that is just approximate)
- Remove from oven and let it rest uncovered for a half hour (it will continue to cook)

120 degrees = rare

125 degrees = medium rare

*I usually take it out at 120 - 125 degrees; depending on the size of your beef, you will have parts that will be more rare and some that will be more cooked

Rick Bayless's version:

- Same as above, except:
- Sear the beef tenderloin on stove top
- Bake it at 300 degrees on a rack over a rimmed baking sheet until the meat reaches 120 degrees
- The lower temperature gives you more control and better texture

