

# Roasted Whole Filet of Beef Tenderloin

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**Ingredients:**

4 – 5 lbs. filet of beef tenderloin, trimmed and tied  
2 tbl. unsalted butter, at room temperature  
1 tbl. Kosher salt  
1 tbl. fresh coarse ground black pepper

**Directions:**

Preheat the oven to 500°. Place the beef on a sheet pan and pat the outside dry with a paper towel.

Spread the butter on with your hands. Sprinkle evenly with salt and pepper.

Roast in the oven for exactly 22 minutes for rare and 25 minutes for medium-rare.

Remove the beef from the oven, cover it tightly with aluminum foil, and allow it to rest at room temperature for 20 minutes.

Remove the strings and slice the filet thickly.

Cook's Note: Be sure your oven is very clean or the high temperature will cause it to smoke.

~ Credit: food.com