

## Elegant, Flavor-Packed, and Surprisingly Simple: This Beef Tenderloin Is Always a Hit

Garlic-herb crust adds depth



OVEN  
425°F

TIME  
3 min

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SAVE  
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### INGREDIENTS

You'll Need

### DIRECTIONS

1. Step-by:- Step)
2. Preheat and : Prep
3. I preheat the oven to 425°F (220°C) and pat the beef tenderloin dry with paper towels-this helps it sear properly. Then I rub it all over with Dijon mustard, which acts like a glue for the herb coating and gives a subtle bite of flavor.
4. Make the : Herb Crust
5. In a small bowl, I mix together the finely grated garlic, salt, pepper, chopped thyme, and sage to form a fragrant paste. I spread this evenly over the entire tenderloin, pressing it in so it sticks well.
6. Sear the : Tenderloin
7. I heat a large cast iron skillet over medium-high heat with the oil. Once it's shimmering, I sear the tenderloin on all sides-about 3 minutes per side-until it's beautifully browned. This step locks in flavor and gives the outside a nice texture.
8. Roast to : Perfection
9. With the beef seared, I transfer the whole skillet to the preheated oven. I roast it for 20 to 25 minutes, depending on thickness, until the internal temp hits about 130°F for medium-rare.
10. Then I take it out and let it rest on a cutting board, loosely covered with foil, for about 10 minutes. This lets the juices redistribute so every slice stays tender.
11. While the : Beef Rests: Make the Sauce
12. SautØ the Shallots and Mushrooms
13. In a clean skillet-or the same one, wiped out-I sautØ the finely chopped shallots and sliced mushrooms over

medium heat for about 4-5 minutes until softened and lightly browned. A pinch of salt helps them release moisture and caramelize.

14. Deglaze and : Simmer
15. Next, I pour in the red wine to deglaze the pan, scraping up any flavorful bits. Then I add the beef stock and balsamic vinegar, simmering it down for 5-6 minutes until slightly reduced.
16. Finish with : Butter
17. Just before serving, I whisk in a tablespoon of butter for a smooth, glossy finish. The sauce turns rich and silky, perfect for spooning over the beef.
18. How I : Serve It
19. I slice the rested tenderloin into thick medallions and arrange them on a platter. Then I spoon the warm mushroom-shallot sauce over the top or serve it on the side. A final sprinkle of fresh herbs finishes the plate.
20. It's stunning to look at and even better to taste-juicy, savory, and packed with flavor in every bite.

## TIPS FOR SUCCESS

Use a meat thermometer : Tenderloin is expensive-you want to nail the internal temp.

Let it rest : This is non-negotiable.

Resting keeps it juicy and easy to slice.

Deglaze like a pro : Don't skip scraping the pan after searing-the browned bits are flavor gold.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/elegant-flavor-packed-and-surprisingly-simple-this-beef-tenderloin-is-always-a-hit/>