

## Crab Stuffed Beef Tenderloin with Bearnaise: Elegant Dinner Recipe

Crab Stuffed Beef Tenderloin with Bearnaise Sauce: A Show-Stopping Meal!



**OVEN**  
**400°F**

**TIME**  
**2-3 min**

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### INGREDIENTS

1 whole beef tenderloin, approximately 2 lbs (the center cut is best for even cooking)

1 cup lump crab meat, picked over for shells (fresh or good quality canned/frozen, thawed)

1/4 cup breadcrumbs (Panko for extra crispness in the stuffing)

2 tablespoons mayonnaise

1 tablespoon Dijon mustard

1 tablespoon fresh parsley, chopped

Salt and pepper to taste

2 tablespoons olive oil

1/2 cup unsalted butter, melted (and kept warm)

2 tablespoons white wine vinegar

2 tablespoons fresh tarragon, chopped (essential for Bearnaise)

2 large egg yolks

Swaps and Notes:

**Beef Tenderloin:** This cut is chosen for its tenderness. For best results, use a whole tenderloin and butterfly it yourself. Ensure it's trimmed of silver skin.

**Crab Meat:** Lump crab meat provides the best texture and flavor. If unavailable, jumbo lump or even good quality canned crab can work, but avoid imitation crab.

**Breadcrumbs:** Panko breadcrumbs will give a slightly lighter, crispier texture to the stuffing. Regular breadcrumbs are fine too.

**Mayonnaise & Dijon:** These bind the crab mixture and add moisture and a hint of tang.

**Fresh Herbs:** Fresh parsley and tarragon are crucial for the vibrant flavors in this dish. Dried herbs can be used in a pinch, but use about one-third the amount as their flavor is more concentrated.

**Bearnaise Butter:** Clarifying the butter (melting it and skimming off solids) can make a more stable sauce, but simply melting and keeping it warm works for this recipe.

**White Wine Vinegar:** This provides the essential acidic base for the Bearnaise. Don't substitute with other vinegars.

**Step-by-Step Directions:**

**Preheat Oven:** Preheat your oven to 400°F (200°C).

**Butterfly the Tenderloin:** Place the beef tenderloin on a cutting board. Using a sharp knife, carefully slice it horizontally down the center, but not all the way through. You want it to open up like a book or a large flat steak.

**Prepare the Crab Stuffing:** In a medium bowl, gently combine the lump crab meat (ensure it's well-drained and free of shells), breadcrumbs, mayonnaise, Dijon mustard, chopped fresh parsley, salt, and pepper. Mix just until combined, being careful not to break up the crab lumps too much.

**Stuff and Roll Tenderloin:** Spread the crab mixture evenly over the inside surface of the butterflied beef tenderloin, leaving a small border around the edges. Carefully roll the tenderloin back into its original log shape, starting from one long end.

**Tie the Tenderloin:** Secure the rolled tenderloin with kitchen twine at 1 to 1.5-inch intervals along its length. This helps it maintain its shape during searing and roasting.

**Season Tenderloin:** Season the entire outside of the tied tenderloin generously with salt and pepper.

**Sear the Tenderloin:** Heat the olive oil in an oven-safe skillet (cast iron or heavy stainless steel works best) over medium-high heat until it shimmers. Carefully place the beef tenderloin in the hot skillet. Sear it on all sides until well-browned, about 2-3 minutes per side. This creates a delicious crust and locks in juices.

**Roast the Tenderloin (Remaining Part of the Recipe):** The provided instructions stop here, but to complete the cooking, transfer the skillet with the seared tenderloin to the preheated 400°F (200°C) oven. Roast for approximately 20-30 minutes, or until an internal temperature of 130-135°F (54-57°C) is reached for medium-rare. Use a meat thermometer inserted into the thickest part of the tenderloin (avoiding the stuffing) for accuracy.

**Rest the Tenderloin:** Once cooked, remove the

tenderloin from the oven and transfer it to a cutting board. Tent it loosely with foil and let it rest for 10-15 minutes. This crucial step allows the juices to redistribute, ensuring a tender and juicy result. Remove the kitchen twine before slicing.

**Make the Bearnaise Sauce:** While the tenderloin rests, prepare the Bearnaise. In a small, heavy-bottomed saucepan or a heatproof bowl set over a pot of simmering water (bain-marie/double boiler), combine the white wine vinegar and chopped fresh tarragon. Bring to a gentle simmer and reduce slightly for 1-2 minutes.

Reduce the heat to low. Whisk in the egg yolks vigorously. While whisking constantly, gradually drizzle in the melted unsalted butter in a slow, steady stream. Continue whisking until the sauce is thick and emulsified, coating the back of a spoon. Be careful not to let the sauce get too hot, or the eggs will scramble. If it gets too thick, you can whisk in a tiny bit of warm water or broth.

Season the Bearnaise sauce with salt and pepper to taste. Keep warm over very low heat or a warm water bath, stirring occasionally, until ready to serve.

**Serve:** Slice the rested Crab Stuffed Beef Tenderloin into thick rounds. Place each slice on a plate and spoon the luxurious Bearnaise sauce generously over the top.

Tips for Success:

## DIRECTIONS

1. Creating this gourmet meal is a process of careful steps, but each one is simple. Let's get started!
2. Preheat : Oven: Preheat your oven to 400°F (200°C).
3. Butterfly the : Tenderloin: Place the beef tenderloin on a cutting board. Using a sharp knife, carefully slice it horizontally down the center, but not all the way through. You want it to open up like a book or a large flat steak.
4. Prepare the : Crab Stuffing: In a medium bowl, gently combine the lump crab meat (ensure it's well-drained and free of shells), breadcrumbs, mayonnaise, Dijon mustard, chopped fresh parsley, salt, and pepper. Mix just until combined, being careful not to break up the crab lumps too much.
5. Stuff and : Roll Tenderloin: Spread the crab mixture evenly over the inside surface of the butterflied beef tenderloin, leaving a small border around the edges. Carefully roll the tenderloin back into its original log shape, starting from one long end.
6. Tie the : Tenderloin: Secure the rolled tenderloin with kitchen twine at 1 to 1.5-inch intervals along its length. This helps it maintain its shape during searing and roasting.
7. Season : Tenderloin: Season the entire outside of the tied tenderloin generously with salt and pepper.
8. Sear the : Tenderloin: Heat the olive oil in an oven-safe skillet (cast iron or heavy stainless steel works best) over medium-high heat until it shimmers. Carefully place the beef tenderloin in the hot skillet. Sear it on all sides until well-browned, about 2-3 minutes per side. This creates a delicious

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12. **Reduce the heat to low.** Whisk in the egg yolks vigorously. While whisking constantly, gradually drizzle in the melted unsalted butter in a slow, steady stream. Continue whisking until the sauce is thick and emulsified, coating the back of a spoon. Be careful not to let the sauce get too hot, or the eggs will scramble. If it gets too thick, you can whisk in a tiny bit of warm water or broth.
13. **Season the : Bearnaise sauce** with salt and pepper to taste. Keep warm over very low heat or a warm water bath, stirring occasionally, until ready to serve.
14. **Serve:** Slice the rested Crab Stuffed Beef Tenderloin into thick rounds. Place each slice on a plate and spoon the luxurious Bearnaise sauce generously over the top.
15. **Tips for Success: Quality Ingredients:** For a dish like this, quality matters. Use good quality beef, fresh lump crab meat, and fresh herbs for the best flavor.
16. **Room : Temperature Meat:** Let your tenderloin come closer to room temperature for about 30-60 minutes before searing. This helps it cook more evenly.
17. **Don't : Overstuff:** While tempting, don't overfill the tenderloin, or it will be hard to roll and tie.
18. **Tie : Securely:** Tying the tenderloin is important to keep the stuffing inside and help the beef cook uniformly.
19. **Rest the : Beef:** This cannot be stressed enough! Resting the meat ensures a tender, juicy result by allowing the juices to redistribute.
20. **Bearnaise : Technique:** Whisking constantly and adding the butter slowly are key to a smooth, emulsified Bearnaise. If it breaks, sometimes a tablespoon of very hot water whisked in can save it.
21. **Serving Suggestions and Pairings:** This Crab Stuffed Beef Tenderloin is a complete meal in itself, but it pairs beautifully with elegant side dishes. Think roasted asparagus, creamy mashed potatoes or gratin

dauphinois, or simple steamed green beans with a squeeze of lemon. For a wine pairing, a full-bodied Cabernet Sauvignon, a rich Merlot, or a complex Pinot Noir would be exquisite choices. If you're looking for other savory and impressive main dishes or appetizers, consider my hearty [This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort](#) or a classic like my [Classic Spaghetti Recipe with Homemade Sauce](#) (which could be a wonderful side if you made a lot!).

22. **Storage and Leftover Tips:** Leftover Crab Stuffed Beef Tenderloin is best stored in an airtight container in the refrigerator for up to 2 days. The Bearnaise sauce should also be stored separately in an airtight container in the refrigerator and consumed within 1-2 days. To reheat the tenderloin, slice it and gently warm the slices in a preheated oven at 250°F (120°C) until just warmed through to avoid drying out the beef. Reheat Bearnaise sauce gently over a very low heat or a double boiler, stirring constantly.
23. **More Recipes You Will Love:** If you enjoyed the sophisticated flavors of this beef tenderloin, you'll love exploring some of my other savory and comforting recipes:
24. For another delicious and hearty option, check out my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#).
25. If you're looking for an impressive appetizer to serve before your main course, my [This Baked Kosher Salami Is My Favorite Easy Appetizer With Big Flavor](#) is a fantastic choice.

## SWAPS & NOTES

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**Crab Meat:** Lump crab meat provides the best texture and flavor. If unavailable, jumbo lump or even good quality canned crab can work, but avoid imitation crab.

## TIPS FOR SUCCESS

**Quality Ingredients:** For a dish like this, quality matters.

Use good quality beef, fresh lump crab meat, and fresh herbs for the best flavor.

**Room Temperature Meat:** Let your tenderloin come closer to room temperature for about 30-60 minutes before searing.

**Don't Overstuff:** While tempting, don't overfill the tenderloin, or it will be hard to roll and tie.

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

Original recipe: <https://chefmaniac.com/crab-stuffed-beef-tenderloin-with-bearnaise-elegant-dinner-recipe/>