

The Million Dollar Beef Tenderloin: A Luxurious, Melt-in-Your-Mouth Roast

The Million Dollar Beef Tenderloin: The Ultimate Luxurious Roast



OVEN
400°F

TIME
30-45 min

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INGREDIENTS

1 (3-4 lb) Beef Tenderloin: Trimmed of silver skin and tied if necessary.

2 tablespoons Olive Oil: To help create that perfect sear.

4 cloves Garlic: Minced finely to infuse the butter and crust.

2 tablespoons Fresh Rosemary: Finely chopped.

1 tablespoon Fresh Thyme: Finely chopped.

1 tablespoon Dijon Mustard: This acts as a binder and adds a subtle tang.

1 teaspoon Salt & 1/2 teaspoon Black Pepper: Essential for seasoning such a thick cut of meat.

1/4 cup Unsalted Butter: Melted, to be poured over the roast.

1/2 cup Beef Broth: To create the "jus" and keep the meat moist.

Swaps and Ingredient Notes:

Herbs: If you can't find fresh rosemary or thyme, you can use dried, but reduce the amount to 1 teaspoon each as dried herbs are more concentrated.

Mustard: If you aren't a fan of Dijon, a whole-grain mustard works beautifully for added texture.

The Meat: Ensure your beef is at room temperature for at least 30-45 minutes before cooking. This ensures even roasting throughout the center.

Step-by-Step Instructions:

1. Prep and Season:

2. The Perfect Sear:

3. Butter and Broth:

4. The Roast:

5. The Rest:

Tips for Success:

Use a Meat Thermometer: Every oven is different. A digital probe thermometer is the only way to guarantee a perfect pink center every time.

Don't Skimp on the Salt: Beef tenderloin is a thick muscle. Don't be afraid to season it generously.

Deglaze the Pan: After removing the beef, if you want an even thicker sauce, simmer the pan drippings on the stove for a few minutes with a splash of red wine.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 420 kcal

Protein: 48g

Fat: 24g

Carbohydrates: 2g

Sodium: 580mg

Storage and Leftover Tips:

To Reheat: Do not microwave it! Reheat slices in a pan over low heat with a spoonful of the leftover jus to keep it tender.

Leftover Idea: Cold beef tenderloin makes the world's best steak sandwich the next day with a little horseradish mayo.

More Recipes You Will Love:

These pecan pie bars are the perfect make-ahead holiday treat.

DIRECTIONS

1. **Prep and Season:** Preheat your oven to 400°F (200°C). Pat the beef tenderloin completely dry with paper towels. This is a crucial step-if the meat is wet, it will steam rather than sear. Rub the olive oil over the entire surface, then coat it evenly with the minced garlic, rosemary, thyme, Dijon, salt, and pepper.
2. **The Perfect Sear:** Heat a large, oven-safe skillet (cast iron is best) over medium-high heat. Once the pan is shimmering hot, add the beef. Sear for 2-3 minutes per side. You are looking for a deep, golden-brown crust.
3. **Butter and Broth:** Once the beef is seared, pour the melted butter directly over the top of the roast. Carefully pour the beef broth into the bottom of the skillet. This will deglaze the pan slightly and create the base for your sauce.
4. **The Roast:** Transfer the entire skillet into the preheated oven. Roast for 25-30 minutes. I highly recommend using a meat thermometer. For a perfect medium-rare, pull the beef out when it reaches an internal temperature of 135°F (57°C).
5. **The Rest:** This is the hardest part: wait. Transfer the beef to a cutting board and let it rest for at least 10 minutes. This allows the fibers to relax and the juices to redistribute. If you cut it too soon, all that "million dollar" flavor will run out onto the board.
6. **Tips for Success:** Use a Meat Thermometer: Every oven is different. A digital probe thermometer is the only way to guarantee a perfect pink center every time.

7. **Don't : Skimp on the Salt:** Beef tenderloin is a thick muscle. Don't be afraid to season it generously.
8. **Deglaze the : Pan:** After removing the beef, if you want an even thicker sauce, simmer the pan drippings on the stove for a few minutes with a splash of red wine.
9. **Serving Suggestions and Pairings:** This Million Dollar Beef Tenderloin is the star of the show. I love serving it with garlic mashed potatoes or honey-glazed carrots.
10. **If you are planning a full menu, start with a light appetizer like this 3-ingredient egg wrap sliced into pinwheels for a modern twist. For a hearty side dish, some people even love a small side of this instant pot lasagna if you're hosting a large family-style feast.**
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12. **Protein:** 48g
13. **Fat:** 24g
14. **Carbohydrates:** 2g
15. **Sodium:** 580mg
16. **Storage and Leftover Tips:** If you are lucky enough to have leftovers, store them in an airtight container in the fridge for up to 3 days.
17. **To Reheat:** Do not microwave it! Reheat slices in a pan over low heat with a spoonful of the leftover jus to keep it tender.
18. **Leftover : Idea:** Cold beef tenderloin makes the world's best steak sandwich the next day with a little horseradish mayo.
19. **More Recipes You Will Love:** If you enjoyed this decadent main course, you'll definitely want to save room for dessert. Here are a few of my favorite sweet finishes:
20. **These pecan pie bars are the perfect make-ahead holiday treat.**
21. **For the chocolate lovers, the best peanut butter brownies I've ever made are a guaranteed hit.**
22. **Final Thoughts:** This Million Dollar Beef Tenderloin is more than just a recipe; it's a centerpiece for memories. Whether it's Christmas dinner, an anniversary, or just a Sunday where you feel like treating yourself, this roast never fails to deliver.
23. **I'd love to hear from you! Did you try this recipe? Leave a comment below and tell me how it turned out, or tag Chef Maniac in your photos on social media. Don't forget to follow us for more restaurant-quality recipes you can make right at home!**

SWAPS & NOTES

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Mustard: If you aren't a fan of Dijon, a whole-grain mustard works beautifully for added texture.

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TIPS FOR SUCCESS

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

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