

Beef Tenderloin

The meat must rest 15 minutes before carving to keep the juices from running out. It also cooks a bit as it sits.

- 1 beef tenderloin (about 3½ pounds)**
- 2 cloves of garlic, thinly slivered**
- 1 to 2 tablespoons olive oil**
- 1 tablespoon coarsely ground black pepper**
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme**
- Coarse salt, to taste**
- Mustard Horseradish Cream Sauce (see recipe below), for serving**

1. Preheat the oven to 425°F. Using the tip of a sharp knife, cut slits all over the tenderloin and insert garlic slivers into them.

2. Brush the tenderloin with olive oil and rub it all over with the pepper and thyme. Sprinkle with salt.

3. Place the tenderloin on a rack in a shallow roasting pan and roast it for 15 minutes. Reduce the oven temperature to 350°F and roast for 20 minutes for medium-rare meat; roast 5 minutes longer for medium. Let the tenderloin rest for 15 minutes before carving.

4. Slice the tenderloin 1/2-inch thick and arrange on a platter. Serve with Mustard Horseradish Cream Sauce.

Serves 10. Per serving: 220 calories, 1g carbohydrate, 27g protein, 11g fat, 80mg cholesterol.