

Olive and Herb Crusted Beef Tenderloin with Dijon Dipping Sauce

Beef Tenderloin makes an impressive centerpiece dish for a special occasion. Kalamata olives and fresh herbs create an earthy flavored crust to this tender melt in your mouth beef, the subtly pungent Dijon Dipping sauce adds a little zing!

Ingredients

1 3lb trimmed beef tenderloin, tied (even thickness)
4 large garlic cloves
¼ cup chopped fresh oregano (packed)
¼ cup chopped fresh rosemary (packed)
1 ½ cups Kalamata pitted olives, drained
½ cup extra virgin olive oil+ additional
2 teaspoons Worcestershire sauce
Fresh ground black pepper

Dijon Dipping Sauce

1 cup sour cream
4 teaspoons Whole Grain Dijon mustard
4 teaspoons Dijon mustard
Fresh ground black pepper to taste

Preparation

In a food processor, pulse garlic, add chopped herbs and pulse, add kalamata olives and pulse until all ingredients are finely minced. Slowly pour olive oil from the top while food processor is on. Add Worcestershire sauce, scrape down sides and blend until mixture is combined. Pour into a small bowl and set aside.

Prepare Dijon Dipping Sauce: Mix sour cream, Whole Grain Dijon and Dijon mustards until thoroughly combined. Add freshly ground black pepper to taste. Cover and refrigerate.
Preheat oven to 425 degrees with rack in the center.

Pat beef dry and season very generously on all sides with fresh ground black pepper. Place a heavy roasting pan on two burners on high heat. (You may also use a large skillet) Lightly coat pan with olive oil (about 4 to 5 tablespoons). When oil begins to simmer, place beef in pan and quickly brown on all sides, about 4-5 minutes total.

Transfer tenderloin to a clean work surface and generously coat with olive mixture on all sides. Transfer back to same oiled roasting pan and place in the oven. Roast beef until a thermometer inserted 2 inches into thickest part of meat reaches 125 degrees for medium rare, about 25 minutes. Transfer to a cutting board and let it stand for 10 minutes loosely covered in foil.

Slice beef into ½ inch thick slices. Serve with dijon dipping sauce.

Serves 6

*Olive Mixture (stir and bring to room temperature) and Dijon Dipping Sauce may be prepared one day ahead.