

Garlicky Beef Tenderloin With Orange Horseradish Sauce

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By Melissa Clark Time: 40 minutes Yield: 8 to 10 servings

Ingredients

(4-pound) beef tenderloin, trimmed and tied
1 tablespoon kosher salt, more to taste
1 teaspoon black pepper, more to taste
1 teaspoon chopped fresh rosemary
1 fat garlic clove, coarsely chopped
2 tablespoons extra-virgin olive oil
2 cups crème fraîche
¼ cup white horseradish
Grated zest of half an orange

Preparation

Step 1

Season the tenderloin all over with the salt, pepper, rosemary and garlic. Cover the meat and refrigerate for at least two hours and preferably overnight. Let it come to room temperature for 1 hour before roasting.

Step 2

Heat oven to 450 degrees. Wipe off as much garlic as possible. (It tends to burn.)

Step 3

In a large, ovenproof skillet over high heat, heat the oil. Add the meat and thoroughly brown all over, 4 to 5 minutes per side. (If your skillet isn't large enough, cut the meat in half.)

Step 4

Place the skillet on the oven's middle rack and roast until an instant-read thermometer shows 120 degrees (for rare), 10 to 20 minutes. Let the meat rest for 10 minutes before carving.

Step 5

In a small bowl, whisk the crème fraîche, horseradish and orange zest. Season to taste with salt and pepper and serve alongside the tenderloin.

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MELISSA CLARK

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Andrew Scrivani for The New York Times

The allure of beef tenderloin pulls hard. When properly cooked until the surface is seared to a glistening mahogany and the center is tender and running with beefy juices, it is one of the most regal, festive and delectable things a cook can serve. As a finishing touch, serve the meat with a pungent, creamy horseradish sauce that is shockingly easy to prepare.

Featured in: [A Good Appetite: A Tenderloin That's Well Worth The Tending.](#)