

Beef Tenderloin au Poivre

Ingredients:

3 to 3 1/2 lb Beef Tenderloin Roast
2/3 C Rhine Wine
1/3 C Oil
1 Small Onion, chopped
1 Clove Garlic, minced
1 1/2 tsp Salt
1 to 2 tsp Cracked Black Pepper

Preparation:

Combine wine, oil, onion, garlic, and salt. Place beef tenderloin roast in utility dish or plastic bag. Add marinade, turning to coat. Cover dish or the bag securely and marinate in refrigerator 6 to 8 hours or overnight. Remove tenderloin from marinade; pat dry with absorbent paper. Roll roast in cracked pepper, lightly pressing into surface of beef. Place tenderloin on rack in open roasting pan. Do not add water. Do not cover. Insert roast meat thermometer so bulb is centered in the thickest part. Roast in 425 degrees F. oven until meat thermometer registers 135 degrees F. (approx. 45 - 50 minutes). Let stand 15 min. Carve into thin slices.

