# grilled beef tenderloin

## Family Chef: Mary-Ellen McMahon

### Original Recipe Inspiration: www.allrecipes.com

#### Ingredients:

* 1 5 lb whole beef tenderloin
* 6 tbsp olive oil
* 8 large garlic cloves, minced
* 2 tbsp dried Rosemary
* 1 tbsp dried thyme leaves
* 2 tbsp coarsely ground black pepper
* 1 tbsp salt

#### Instructions:

1. Take the meat out of the fridge about 30 minutes before it’s time to cook it.
2. Mix all the spices and the olive oil and set aside.
3. Trim off excess fat off the beef with a sharp knife.
4. Fold thin tip end under to approximate the thickness of the rest of the roast. Tie it with butcher’s twine.
5. Tie the rest of the roast with twine every 1 1/2 to 2 inches to help the roast keep its shape.
6. Snip silver skin with scissors.
7. Rub the spice mixture all over the meat.
8. Turn all gas burners on high for 10 minutes.
9. Lubricate grates by spraying with a non-flammable grill spray.
10. Place beef on hot rack close lid grill until well seared about 5 minutes. Turn meat and close grill until well seared on second side, another 5 minutes.
11. Turn off the burner under the roast. Turn the other burners to medium low.
12. Insert a meat thermometer into the thickest section of the roast. Set the alarm to 130° for medium rare.
13. Cook until the meat thermometer registers 130°. This takes about 45 to 60 minutes depending on the tenderloin size and temperature of the grill.
14. Let meat rest 15 minutes before carving.
15. Serve with Creamy Horseradish Sauce. See page xx.