

# Beef tenderloin dinner



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I want to tell you about our Christmas Day dinner. It was so good and some of you may want to replicate parts or all of it for your New Years Day dinner. I adapted Melissa Clark's recent recipe in *The New York Times* and it was delicious. Everyone raved about the meat!!

And here's a funny story about buying the meat. I had heard a radio ad for Stew Leonard's whole beef fillets. He was advertising them for \$7.98 a pound! I thought, wow, that's worth a drive to Yonkers. So my husband gets up at 7 am on Saturday to get this. He tried to do it on Friday morning but found our car dead in the garage. We drive a Prius and the engine is so quiet, the garage guys often forget to turn it off. This has happened twice before so we made a sign to tell them to remember to turn it off. But, the last time we drove the car, we forgot to leave the sign in the front seat!

So off he goes on Saturday morning. I tell him to ask the butcher for enough beef for 7 people plus a few leftovers. Well he comes back with this gigantic piece of meat - 6.6 pounds!! Like enough for 13 - 14 people. But then, look at the majority

of people who shop at Stew's – they're fat! Our country is getting so obese it's ridiculous. And he paid \$11.98 a pound. The \$7.98 per pound price was untrimmed with a 30 - 40% loss factor. Talk about a scam to get you in there.

But, this meat was good, so there's a little redemption.

Here's my menu.

### **Appetizers:**

Pate de campagne

Truffle duck mousse pate

Cornichons, picholine olives, lightly salted cashews

Artichoke dip – my recipe in an earlier blog post

Assorted brown rice chips, whole wheat pita and sliced French baguette

### **Dinner:**

Pancetta and asparagus soup with black pepper – from Judy Rodgers and the Zuni Café cookbook, served with homemade Polish bread

Beef tenderloin with horseradish sauce– adapted from Melissa Clark and *The New York Times*

Mashed potatoes with cauliflower and roasted garlic – Lee Bailey – Long Weekends cookbook

Haricot Vert with walnut oil, sea salt and toasted walnuts

Oven roasted plum tomato halves with oregano (they were so good the night before and made the plate look Christmas-y next to the Haricot Vert)

### **Dessert:**

Ethiopian coffee

Christmas cookies, of course

Peppermint chocolates

Here is the tenderloin recipe that I have altered for our taste.

**GARLICKY BEEF TENDERLOIN WITH HORSERADISH SAUCE** – adapted from Melissa Clark and *The New York Times*  
– serves 12 – 14

1 (6.6 lbs.) beef tenderloin, trimmed and tied

1 1/2 tbs. kosher salt, more to taste

1 1/2 tsp. black pepper, more to taste  
1 heaping tbs. chopped fresh rosemary  
6 garlic cloves, minced  
2 tbs. extra virgin olive oil  
1.5 cups crème fraîche  
1/4 cup white horseradish  
Several dashes of Tabasco

Season the tenderloin all over with the salt, pepper, rosemary and garlic. Cover the meat and refrigerate overnight. Let it come to room temperature for 2 hours before roasting.

Heat oven to 450 degrees. Wipe off as much garlic and seasonings as possible with a paper towel. It tends to burn and the flavors have penetrated the meat overnight.

In a large roasting pan over two burners and high heat, heat the oil. Add the meat and thoroughly brown all over, 4 minutes per side. Brown all 4 sides.

Place the roasting pan on the middle rack of the oven 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.

In a small bowl, whisk the crème fraîche and horseradish plus a few dashes of Tabasco. Serve alongside the tenderloin.

Assuming your meat is a good quality cut, you will LOVE this!

Now if you want any of these other recipes, do let me know.