

Pepper Crusted Beef Tenderloin

ingredients

beef tenderloin, trimmed and cut 2" thick
fleur de sel
coarse ground black pepper
vegetable oil
butter

Pat beef dry with paper towels. Combine equal parts fleur de sel and coarse ground black pepper. Brush each steak with vegetable oil, and dip in salt and pepper mixture to coat on both sides.

Preheat oven to 400°. Heat heavy bottomed, oven proof skillet or dutch oven on medium high and sear each steak on all sides until just browned. Top with a pat of butter, and bake approximately 12-15-18 minutes (medium rare-medium-medium well). .

Tips:

You must use fleur de sel. I have tried other less expensive coarse salts, and they simply do not work for this dish.

When searing the meat, turn the vent fan to high. You may also want to open a door or window for ventilation.

recipe courtesy of Sealed with a Kiss
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