



# Herb-Crusted Beef Tenderloin

Servings: **0 servings**

Why this recipe works: We wanted a recipe that gave mild beef tenderloin a flavor boost by wrapping it in a thick herbed crust. For our Herb-Crusted Beef Tenderloin recipe, we cooked the roast in the oven on high heat for 20 minutes before adding the herb crust. This gave us a perfectly caramelized exterior that made applying the herb paste easy. Grated Parmesan cheese, combined with the bread crumb-and-herb mixture, proved to be a flavorful glue that helped the mix stay adhered to the roast. Make sure to begin this recipe 2 hours before you plan to put the roast in the oven. The tenderloin can be trimmed, tied, rubbed with the salt mixture, and refrigerated up to 24 hours in advance; make sure to bring the roast back to room temperature before putting it into the oven.

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## Ingredients

- 1 whole beef tenderloin (5 to 6 pounds), trimmed and patted dry
- Kosher salt and cracked black pepper
- 2 teaspoons sugar
- 2 slices hearty white sandwich bread, torn into pieces
- 1/2 cup chopped fresh parsley leaves
- 2 teaspoons chopped fresh thyme leaves, plus 2 tablespoons
- 1 1/4 cups Grated Parmesan cheese
- 6 tablespoons olive oil
- 4 garlic cloves, minced

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## Directions

1. Tuck tail of tenderloin under and tie roast. Combine 1 tablespoon salt, 1 tablespoon pepper, and sugar in small bowl and rub all over tenderloin. Transfer tenderloin to wire rack set on rimmed baking sheet and let stand at room temperature for 2 hours.

2. Meanwhile, pulse bread in food processor to fine crumbs. Transfer bread crumbs to medium bowl and toss in 2 tablespoons parsley, 2 teaspoons thyme, 1/2 cup Parmesan, and 2 tablespoons oil until evenly combined. Wipe out food processor and process remaining 6 tablespoons parsley, 2 tablespoons thyme, 3/4 cup cheese, 4 tablespoons oil, and garlic until smooth paste forms. Transfer herb paste to small bowl.

3. Adjust oven rack to upper-middle position and heat oven to 400 degrees. Roast tenderloin 20 minutes and remove from oven. Using scissors, cut and remove twine (photo 2). Coat tenderloin with herb paste followed by bread-crumbs topping (photos 3 and 4). Roast until thickest part of meat registers about 130 degrees (for medium-rare) and topping is golden brown, 20 to 25 minutes. (If topping browns before meat reaches preferred internal temperature, lightly cover with foil for balance of roasting time and remove while roast rests.) Let roast rest, uncovered, for 30 minutes on wire rack. Transfer to cutting board and carve. Serve.

### Secrets to Herb-Crusted Beef Tenderloin

- 1. To ensure even cooking, fold the thin, tapered end under the roast, then tie the entire roast with kitchen twine every 1 1/2 inches.
- 2. After the meat has cooked for 20 minutes, use scissors to snip the twine and carefully pull the strings away from the tenderloin.
- 3. Using a spatula, spread the herb paste evenly over the top and sides of the tenderloin.
- 4. Press the bread-crumbs mixture evenly onto the roast, using the other hand to catch the crumbs and keep them from falling through the rack.