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BETTER COOKING WITH HORSERADISH Video Recipe Series HORSERADISH CRUSTED BEEF TENDERLOIN FILET

WITH CHEF LAUREL ROBERTSON

Chef Laurel has over 23 years cooking experience, is professionally affiliated with the Personal Chefs Network and is a state Ambassador for Weight Watchers. She started Dinner's On personal chef service in 2005 and lives in Altoona, WI.



HORSERADISH CRUSTED BEEF TENDERLOIN FILET with WHIPPED HORSERADISH BUTTER

Ingredients:

1 8 oz. beef tenderloin filet
3T. Silver Spring Prepared Horseradish
salt and freshly ground pepper
3 T. olive oil for skillet

Butter Preparation:

2 T. butter
1 tsp. of Silver Spring Prepared Horseradish
In a small bowl, combine butter and horseradish with a fork until well blended. Pipe butter into a unique shape and chill until ready to top the steak and serve immediately.

Directions:

Preheat oven to 400 F.
In a heavy skillet, heat 3T. of olive oil over high heat. Sear the filet for 3 minutes until browned, turn filet over and sear another 3 minutes. Place the filet on a baking sheet and roast in the oven for 5 to 7 minutes for medium rare. Remove steak and allow it to "rest."

The horseradish layer keeps the meat moist and imparts a mild garlic-like flavor to the meat when cooked.

Once plated, top with whipped horseradish butter, slice thinly and serve with freshly grated horseradish root or Silver Spring Sassy Horseradish Sauce.

Serves 1.

