Herb Crusted Beef Tenderloin

**Herb Crusted Beef Tenderloin**

**Ingredients**

- Beef Tenderloin, trimmed center cut
- Olive Oil
- Rosemary, fresh chopped
- Italian Parsley, chopped
- Thyme, fresh chopped
- Garlic, minced
- Sea Salt
- Black Pepper, freshly ground
- Red Onion Marmalade

**Quantity**

- 2 lbs
- 1/4 cup
- 1 tsp
- 1 tsp
- 1 tsp
- 1 T
- 1 tsp
- 1 T
- 1 cup

**Methods**

1. Preheat the oven to 400 degrees F.
2. Tie the beef with butcher’s string and rub with the olive oil. Combine the rosemary, parsley, thyme, and garlic and pat the mixture on the beef. Season the beef with salt and pepper.
3. Over high heat sear the beef in an ovenproof skillet, turning to brown on all sides, about 5 minutes. Place the skillet directly into the oven and roast the beef for 20 to 25 minutes. Let the beef rest for 10 minutes before removing the string and slicing.

**Red Onion Marmalade**

**Ingredients**

- Olive Oil
- Red Onions, thinly sliced
- Sugar
- Sea Salt
- Port Wine
- Red Wine Vinegar
- Thyme, fresh chopped

**Quantity**

- 2 Cups

**Methods**

1. In a medium pot heat the olive oil over medium-high heat, add the onions, and cook for 7 minutes until soft, stirring frequently. Stir in the sugar and salt, and cook for a further 7 minutes. Add the port and vinegar, and bring to a boil. Reduce the heat to medium-low and simmer for 30 minutes or until thickened. Stir in the thyme.

Keeps for 1 week stored in the refrigerator in an airtight container

**Use the Red Onion Marmalade**

Yes it is delicious with the beef but try it in other delicious combinations such as:

- Top Brie, Swiss or cream cheese on crostini for a perfect appetizer
- On a grilled cheese sandwich
- On a hamburger
- On a new potato with sour cream & crispy bacon
- On pork, sausage, or hot dog.

The possibilities are endless.