Servings: 6

Peppered Beef Tenderloin with Roasted Garlic–Herb Butter

Author: From Bib Bog Gibson's BBQ Book (found in Food & Wine, Jan. '09)



2 tablespoons freshly ground black pepper, coarse grind, preferably
1 teaspoon kosher salt
1 teaspoon dark brown sugar
1 teaspoon soy sauce
1/2 teaspoon apple cider vinegar
1 teaspoon extra-virgin olive oil
6 small beef tenderloin steaks, about 1 1/2 inches thick
HERB-BUTTER
4 whole garlic cloves, unpeeled
2 1/2 teaspoons olive oil
1/4 teaspoon fresh thyme, rosemary and oregano
4 tablespoons unsalted butter, softened

Per Serving (excluding unknown items): 383 Calories; 33g Fat (78.0% calories from fat); 18g Protein; 3g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 421mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com

Notes: We use a meat thermometer in all of our steaks, and remove them when they reach precisely 123 degrees. Tent lightly with foil for about 5 minutes, then serve.

1. Preheat the oven to 275°. In a bowl, mix the pepper, salt, brown sugar, soy sauce, vinegar and 1 teaspoon of the olive oil. Rub 2 teaspoons of the paste all over each steak. Wrap the steaks individually in plastic and let stand at room temperature for 1 hour.
2. Meanwhile, on a double-layer square of aluminum foil, toss the garlic with the herbs; drizzle the olive oil on top. Fold the foil to enclose the garlic and transfer to a baking sheet. roast for 45 minutes, until the garlic is very soft.
3. When the garlic is cool, squeeze the cloves from their skins into a bowl; add the herbs. Using a fork, mash the garlic with the herbs and butter. Spoon the garlic butter onto a sheet of plastic wrap, roll into a log and refrigerate until firm, 30 minutes.
4. Build a very hot fire on one side of a charcoal grill or light a gas grill. Unwrap each steak and grill over high heat for about 7 minutes, turning once, for rare meat. For medium-rare, transfer the steaks to the cool side of the grill, close the lid and cook for 4 minutes longer, turning them once halfway through. Top the steaks with the garlic-herb butter and let stand for 5 minutes, then serve.