BEST BEEF TENDERLOIN

INGREDIENTS

6-7 lb beef tenderloin, trimmed
3 Tbsp olive oil
1½ tsp onion powder
1½ Tbsp ground kosher salt
¾ tsp cumin
1½ tsp freshly ground black pepper
¾ tsp nutmeg
1 tsp ground red pepper

METHOD

1. Rub the tenderloin with the olive oil, then with the combined seasonings.
2. Refrigerate at least 6 hours or overnight.
3. Let the meat sit out 20 minutes before cooking.
4. Grill over medium heat 10 to 15 minutes on each of three sides.
5. Wrap tightly in foil and rest 15 to 20 minutes before slicing.
6. Good hot or cold — serve with Béarnaise Sauce (see its own card).

Serves 8-10

AT THE TABLE A Full-Bodied Cabernet

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