Oklahoma Cooks

Kamp’s Slow Roasted Tenderloin, Chimichurri, & Carrots Originally aired 3/10/12
(Serves 4)

**Ingredients:**

Rub and Beef Ingredients:
- 2 Tb. Smoked Spanish paprika
- 1 Tb. brown sugar
- 1 Tb. lemon zest
- 1 Tb. thyme, fresh
- 1 Tb. Kosher salt
- 2 tsp. cracked black pepper, preferably Tellicherry
- 1 Tb. extra virgin olive oil
- 1 lb. beef tenderloin, center-cut, tied like a roast from Kamp’s Meat Market

**Equipment needed:**
- 1 Cutting board
- Chef’s knife
- (1) 10 to 12 inch sauté pan
- (1) 10 inch cast iron skillet
- 2 mixing bowls
- 1 sizzle platter or plate to hold the meat
- 1 serving platter
- 4 dinner plates
- 1 spatula or spoon for mixing
- 1 peeler

Chimichurri Ingredients:
- 1/2 cup extra virgin olive oil
- 2 Tb. aged red wine vinegar or sherry vinegar
- 1 shallot, minced
- 1 clove garlic, sliced thin (Oklahoma foraged if you have it)
- 1 tsp. crushed red pepper or Aleppo pepper
- 1 tsp. crushed black pepper, preferably Tellicherry
- 1 tsp. kosher or sea salt
- 2 cups Italian parsley, rough chopped
- 2 Tb. thyme, fresh
- 2 Tb. oregano, fresh, rough chopped
- 1 tsp. lemon zest

Roasted Carrot Ingredients:
- 4 cups carrots (local if available), peeled and cut into oblique cut (refer to show if you don’t remember)
- 1 Tb. extra virgin olive oil
- Salt and black pepper to taste
**Instructions:**

Rub and Beef:
1. Mix all of the rub ingredients in a mixing bowl.
2. Apply evenly to the tenderloin and set aside for 1 hour at room temp.
3. Preheat an oven to 225 F.

Chimichurri:
1. Combine all of the ingredients in a mixing bowl and set aside.

Roasted Carrot:
1. Combine ingredients in mixing bowl and mix thoroughly. Place the carrots in 10 - 12 inch sauté pan.

**Cooking Instructions:**
1. Place the beef tenderloin on top of the carrots in the 10 to 12 inch sauté pan. Place the beef in the 225 F oven and cook for approximately 1.25 to 1.5 hours, or until the center of the tenderloin reads 130 F. You should check it at the 45 minute mark as tenderloin sizes, quality, and ovens differ. (The time is only a guideline)
2. Remove the tenderloin from the pan and set on a cutting board to rest and preheat a 10 inch cast iron skillet on medium heat.
3. Taste the carrots to make sure they are tender. If they are not, turn up the stove to 325 F and continue to cook until they are tender. If they are tender, sauté them on a medium flame for a few minutes to caramelize them and add a little texture.
4. Check the carrots for seasoning, add a touch more extra virgin olive oil, salt, pepper and keep them warm.
5. Add a little extra virgin olive oil to the skillet, and quickly sear the tenderloin on all sides. This should take about 20 to 30 seconds per side. You don’t want to burn the meat, you are just awakening the spice rub and adding a little texture.
6. Set the beef aside again for about 10 minutes before slicing.

**Plating:**
Slice the tenderloin into ½ inch slices. Place the carrots on a platter and the beef on top of the carrots. Dress the meat with some of the Chimichurri, and serve the rest on the side. Enjoy!