

Beef Tenderloin Crostini

Ingredients:

- 6-8 oz of beef tenderloin
- Lisa's Steak Rub, LSR
- 1 cup of Mayonnaise
- 1/3 cup of sour cream
- 1 tsp apple cider vinegar
- 3 tbsp of prepared horseradish
- 1 tsp Dijon mustard
- Salt and pepper to taste
- Arugula or watercress
- Baguette sliced and toasted with olive oil, Italian seasoning, salt, and pepper



Step one: Make horseradish sauce. Mix mayonnaise, sour cream, vinegar, horseradish, Dijon mustard, salt and pepper to taste. Refrigerate until ready to serve. Remove beef tenderloin from the refrigerator and season with LSR on all sides. Allow to sit at room temperature for one hour.

Step two: Season each Baguette slice with olive oil. Salt, pepper, and Italian seasoning. Toast in 425-degree oven until lightly brown. Turnover, brown the other side. Set aside.

Step Three: Heat a heavy bottom pan, such as a cast iron skillet with a neutral oil such as grapeseed or avocado. Place beef tenderloin in and sear on all sides until golden and brown. Add a ½ of stick of unsalted butter, thyme, and garlic cloves. Baste the tenderloin on all sides for another 2 minutes. Place in 425-degree oven and allow to cook until an internal temperature of 128 is reached. Remove and allow to rest. You can serve this with the meat warm, room temperature or cold. All versions are wonderful.

Serving suggestions: Place watercress or arugula on each toast, add a slice of beef and then a dallop of horseradish. Serve and enjoy!

Enjoy!