

## Beef Tenderloin

1 2lb Beef Tenderloin Roast, trimmed

2 tbsp olive oil

¼ cup Peg's Salt

Method: Remove the meat from the fridge an hour before you plan to start cooking it. Preheat your oven to 500 degrees. Line a rimmed baking sheet with foil, and place a greased wire rack on it. Tuck the thin end of the roast underneath and tie with butcher's twine so that your roast is the same circumference all the way through. Pat the roast dry, then spread the olive oil over it with your hands. Sprinkle the Peg's Salt evenly over the roast, and rub in with your hands. Place the seasoned roast on the rack, and place the pan in the oven for 15 minutes. After 15 minutes, lower the heat to 350 degrees and continue cooking for another 20 minutes (for medium rare – you can add another 5-7 minutes for more medium to well-done meat). Transfer the roast to a cutting board and loosely tent it with foil. Allow it to rest for 30 minutes. When ready, remove the twine, slice, and serve.