

Oven-baked beef tenderloin

4 servings

800 g beef tenderloin

1 tsp salt

0.5 tsp ground black pepper

Marinade

2 tbsp rapeseed oil

2 tbsp Japanese soy sauce

1 tbsp balsamic vinegar

1 tbsp liquid honey

2 cloves crushed garlic

Preheat oven to 150 °C (302 °F).

Mix all the ingredients for the marinade.

Trim the meat and place it in a plastic bag with the marinade. Marinate the meat for about an hour.

Brown the meat all over in rapeseed oil and butter.

Season the meat with salt and pepper.

Place the meat in an ovenproof dish and place in the oven until the meat has reached an internal temperature of 54 °C (129 °F).

Let the meat rest under foil for about 5-10 minutes. The temperature will then rise a few degrees. The meat is then medium rare.