

## **Beef Tenderloin**

2 1/2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
1 teaspoon dried thyme  
1 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1/2 teaspoon paprika  
1/2 teaspoon ground red pepper  
1 (5- to 6-lb.) beef tenderloin, trimmed  
1 tablespoon olive oil

Preheat oven to 500°.

Stir together kosher salt and next 6 ingredients.

Rub tenderloin evenly with olive oil. Sprinkle salt mixture over tenderloin, pressing to adhere. Cover and let stand at room temperature 30 minutes.

Place tenderloin on a lightly greased (with cooking spray) rack in a roasting pan.

Bake at 500° for 15 minutes; reduce oven temperature to 375°, and bake 25 to 30 minutes or until a meat thermometer inserted in thickest portion registers 130° (for medium-rare) or to desired degree of doneness. (Since beef tenderloin doesn't have much fat, it can easily become dry and overcooked. For tender slices, don't cook past a meat thermometer registering 130° in the center.)

Remove from oven; let stand 10 minutes before slicing.

Serve with Mustard-Cream Sauce and Roasted Garlic Duchess Potatoes (see sides recipes).