Herb and Potato-Chip-Crusted Beef Tenderloin

The Essential Southern Living Cookbook
Preparation Time: 40 minutes
Start to Finish Time: 2 hours 20 minutes

1 four-to-six-pound beef tenderloin, trimmed
3 teaspoons Kosher salt, divided
3/4 cup panko breadcrumbs
3 cloves garlic, minced
2 teaspoons coarsely ground black pepper, divided
3 tablespoons olive oil, divided
1 1/4 cups plain kettle-cooked potato chips, crushed
1/4 cup finely chopped fresh parsley
1 tablespoon finely chopped fresh thyme
1 bay leaf, crushed
1 egg white, lightly beaten
1 tablespoon Dijon mustard
fresh sage (for garnish) (optional)

Preheat the oven to 400 degrees. Sprinkle the tenderloin with two teaspoons of salt. Let stand for 30 to 45 minutes.

Meanwhile, in a skillet over medium heat, cook the panko, garlic, one teaspoon of pepper and the remaining one teaspoon of salt in one tablespoon of hot oil until deep golden brown, 2 to 3 minutes. Let cool completely (about 10 minutes). Stir in the potato chips, parsley, thyme, bay leaf and egg white.

Pat the tenderloin dry with paper towels. Sprinkle with the remaining one teaspoon of pepper. Brown the beef in the remaining two tablespoons of hot oil in a roasting pan over medium-high heat until browned on all sides (2 to 3 minutes per side). Transfer the tenderloin to a wire rack in an aluminum foil-lined jelly-roll pan. Let stand for 10 minutes.

Spread the mustard over the tenderloin. Press the panko mixture over the top and sides.

Bake for 40 to 45 minutes or until the coating is crisp and a meat thermometer inserted into the thickest portion registers 130 degrees (rare). Let stand for 10 minutes.

Garnish with sage, if desired.

(NOTE: For medium-rare, cook the tenderloin to 135 degrees. For medium, cook to 150 degrees.)

Yield: 6 To 8 Servings

Beef