

# PEPPER FILET

## Ingredients:

3 T olive oil  
3 T soy sauce  
2 - 3 cloves garlic, peeled and cut into quarters  
1 1 1/2 - 2 1/2 pound piece of beef tenderloin filet  
3 to 4 T medium-grind crack black pepper for coating

## Directions:

In a sealable plastic bag, combine the olive oil and soy sauce.

Cut 1/2 inch gashes in the meat and insert the garlic quarters in the gashes. Place the filet in the plastic bag, turning to coat with the olive oil mixture. Seal the bag, squeezing out the air and place the meat package on a shallow bowl. Marinate in the refrigerator for at least 2 hours or longer.

Remove the meat from the refrigerator one hour before cooking. Preheat the oven to 450 degrees.

Rub the outside of the roast filet with black pepper, pressing it into the meat.

Place the meat on a rack in a pan and roast in the lower third of the oven. Roast for 20 minutes, then check the internal temperature with an instant-read thermometer. Remove the meat when the internal temperature reaches 115 to 120 degrees for rare, 125 to 130 degrees for medium-rare, or 130 to 140 for medium. Let the meat rest for 10 to 20 minutes. This is an important step so that the meat juices can redistribute and the residual heat can finish the cooking. Slice and serve.

