



Beef Tenderloin Niçoise

Serve with

2005 Joseph Phelps Vineyards Napa Valley Cabernet Sauvignon

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8 servings if main dish; 12 if part of a buffet

Recipe can be stretched even more by cutting beef into smaller slices and plating on two different platters. You can increase the quantity of potatoes, haricot verts, tomatoes, olives and basil leaves to stretch the recipe and make it more of a salad with beef. There are also other ingredients that can be used (see below).

Can be made ahead of time and then assembled when ready to serve.

1 beef tenderloin, about 4 ½ lbs

1 – 2 Tbsp. vegetable oil

Sea salt

12 egg-size new potatoes, peeled

Extra virgin olive oil

1 cup haricot verts

6 ripe plum tomatoes

Pinch of sugar

Freshly ground black pepper

½ cup pitted black olives, Niçoise-style, halved (other black olives can be used)

½ cup basil leaves, julienned into strips

Heat oven to 450 degrees. Place beef in a roasting pan and rub it with vegetable oil. Roast for 30 minutes, and then reduce heat to 325 degrees. Roast until internal temperature reaches 125 degrees (for rare) or 140 degrees (for medium rare), about 30 – to 50 minutes depending on thickness of roast. While beef roasts, prepare vegetables.

Bring a pan of salted water to a boil. Add potatoes. Cook until tender, about 30 minutes. Drain, allow to cool slightly, and then cut into ¼ inch dice. Place in a bowl and toss with a small amount of olive oil. Season with salt to taste and set aside.

Bring another pan of salted water to a boil, and add green beans. Cook until bright green and barely tender. Drain immediately and plunge into a bowl of cold ice water to stop cooking. Drain again when cool then set aside.

Bring a pan of water to boil and remove from heat. Add tomatoes and allow to sit for several minutes until skins split. Remove tomatoes with a slotted spoon. Peel and halve them, discarding seeds. Cut tomato pulp into ¼ inch dice and sprinkle with a little salt and sugar. Set aside.



When beef is cooked to taste, remove from oven and sprinkle with salt and pepper. Allow to rest at least 10 minutes, and then carve into thin slices, reserving any juices. If assembling later, you can either slice beef ahead of time or slice it before serving. Refrigerate if assembling later.

Arrange beef on a platter, and drizzle with juices. Toss bean and diced potatoes together and scatter around beef slices. Scatter tomato slices over beef and then sprinkle with olives. Strew with basil leaves and serve.

Other ingredients can be added according to taste: hard-boiled eggs cut in half; capers; crispy lettuces; finely chopped shallots or onions; cucumber chunks; raw red, orange, or yellow peppers; artichoke hearts.