



Beef Tenderloin in Salt Crust

 Dairy Free

READY IN



340 min.

SERVINGS



12

CALORIES



211 kcal

CRUST

Ingredients

- 6 pound beef tenderloin whole trimmed
- 5 egg whites
- 5 cups flour all-purpose
- 0.5 cup herbs fresh chopped (parsley, thyme, and/or sage)
- 3 tablespoons ground pepper fresh black
- 3 cups kosher salt
- 1 tablespoon olive oil
- 1.5 cups water

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- potato masher
- kitchen twine

Directions

- Place the flour, salt and pepper in a large mixing bowl. In another bowl, whisk the egg whites and water and add to the dry ingredients along with 2 tablespoons of the herbs.
- Combine with a potato masher until the mixture begins to come together. Then knead with your hands for 1 to 2 minutes.
- Transfer the mixture to a large zip-top bag, seal, and let stand at room temperature for 4 hours, or up to 24 hours.
- Transfer dough to a floured surface and roll out to 3/16-inch thickness, approximately a 24 by 18-inch rectangle. Trim away extra dough, if necessary.
- Sprinkle the remaining herbs on the center section of the dough and gently press down.
- Preheat oven to 400 degrees F.
- In order to achieve uniform cooking, fold over slender tail end of tenderloin and tie with kitchen twine. Set a large electric griddle at its highest setting; brush the tenderloin with the olive oil and sear on all sides until well browned, approximately 10 minutes. Rest the meat for at least 5 minutes or until it is cool to the touch so as not to melt the dough.
- Place the tenderloin in the center of the dough. Fold top part of dough over, flipping back about 1-inch of dough onto itself. Repeat with the bottom half of the dough. Press together the 2 flaps of dough and seal. Make sure the dough is not too tight around the tenderloin. At the ends of the tenderloin, press together dough to form a seal and cut away any excess.
- Transfer to a sheet pan, place in the oven and roast to an internal temperature of 125 degrees F, approximately 25 to 30 minutes.
- Remove from the oven and allow to rest for 30 minutes or up to 1 hour. The tenderloin will continue to cook 10 to 15 degrees more.

Cut salt crust at 1 end and extract meat by pulling out of dough tube. Slice and serve immediately.

Nutrition Facts



■ PROTEIN 13.43% ■ FAT 7.66% ■ CARBS 78.91%

Properties

Glycemic Index:11.58, Glycemic Load:28.96, Inflammation Score:-6, Nutrition Score:11.092608749866%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 211.06kcal (10.55%), Fat: 1.77g (2.72%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 39.09g (14.21%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 28318.33mg (1231.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin K: 44.31µg (42.2%), Manganese: 0.62mg (31.24%), Selenium: 20.31µg (29.01%), Vitamin B1: 0.41mg (27.54%), Folate: 99.87µg (24.97%), Vitamin B2: 0.32mg (18.67%), Iron: 2.97mg (16.53%), Vitamin B3: 3.14mg (15.69%), Fiber: 1.87g (7.47%), Copper: 0.13mg (6.41%), Phosphorus: 61.94mg (6.19%), Magnesium: 17.67mg (4.42%), Vitamin A: 218.8IU (4.38%), Vitamin C: 3.33mg (4.03%), Calcium: 37.2mg (3.72%), Potassium: 115.74mg (3.31%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.28mg (2.83%), Vitamin E: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.51%)