Roast Beef Tenderloin

1 beef tenderloin

2 teaspoons kosher salt

1 teaspoon black pepper

4 Tablespoons butter

1 Tablespoon oil

Sprinkle beef with salt. Cover with plastic wrap and let sit at room temperature for 1 hour.

Pat roast dry with paper towels. Sprinkle evenly with pepper. ​

Spread 2 T. butter over roast. Transfer to a v rack set on a baking sheet.

Roast at 300 until internal temperature reaches 135. (40-70 minutes)

Flip halfway through cooking.

Heat oil in skillet. Place roast in skillet and brown on all 4 sides.

Transfer roast to a carving board and spread with 2 Tablespoons butter.   
Let rest 15 minutes.

Slice into 1/2 inch pieces.