



## **Beef Tenderloin Sammies**

### ***Ingredients***

- 1 beef tenderloin
- Extra-virgin olive oil (EVOO), for drizzling
- Salt and freshly ground black pepper
- 1 bunch watercress, roughly chopped
- 1 bunch arugula, roughly chopped
- 1 to 2 baguettes

#### **For the Horseradish-Sour Cream Sauce:**

- 1 1/2 cups sour cream
- 2 to 3 heaping tablespoons horseradish
- 1/2 cup breadcrumbs

#### **For the Mustard-Caper Sauce:**

- 3/4 to 1 cup Dijon mustard
- 1/4 cup capers, chopped

### ***Preparation***

Preheat oven 450°F.

Arrange the beef tenderloin on a roasting pan or heavy duty cookie sheet. Drizzle with EVOO and sprinkle with salt and pepper. Transfer to the oven and cook for 15 minutes at 450°F, then turn the oven down to 350°F for 30 minutes, until a thermometer inserted reads 140°F. Let the beef rest for 15 minutes before slicing.

While the meat is resting, combine the ingredients for each of the sauces in separate bowls.

Cut the baguette into 3- to 4-inch chunks and cut each chunk lengthwise for sandwiches. Slice the beef and assemble onto the sliced baguettes. Top each sandwich with your choice of sauce along with a small bunch of arugula or watercress.

**Yields:** 6-8 servings

Created by Lynn A. Orbin