



# SLOW ROASTED BEEF FILLET AND TOMATOES

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Heating Mode(s): **Convection**

Temperature(s): **200°F/95°C Slow Roasting - 425°F/220°C Finishing**

Preparation Time: **15 minutes**

Cooking Time: **60 - 80 minutes Slow Roasting - 10 minutes Finishing**

Servings: **6-8**

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Herb crusted beef fillet roasted at a low temperature finished with a quick high heat sear yields flavorful fork tender results. Slow roasting tomatoes at the same time creates an easy delicious accompaniment for the beef.

Because the meat goes through a second phase of high heat cooking prior to serving, program the oven meat probe to an internal temperature 5 degrees lower than your preferred serving temperature. In this recipe we programmed a 3lb roast to an internal temperature of 120°F/50°C/ for the first phase of slow cooking which took approximately 80 minutes. After the high heat cooking phase the meat reached an internal temperature of 130°F/55°C for medium rare.

Due to the minimal moisture loss during slow roasting the beef slices will be very pink but as long as the programmed internal temperature has been reached the beef will be perfectly cooked.

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## Ingredients

### For the Beef Filet

1 2 - 3lb (1kg - 1.3k) beef tenderloin roast,  
trimmed and tied  
1 tsp (6 g) kosher salt  
Freshly ground pepper  
2 tbsp (10 g) finely chopped fresh rosemary  
2 cloves garlic, minced  
2 tbsp (30 ml) olive oil

## Instructions

Select the Convection mode and set the temperature to 200°F/95°C.

Bring the beef to room temperature and season with the salt and some freshly ground pepper.

Combine the rosemary, garlic and olive in a small bowl then rub into the beef. Set the roast on a rack in a small shallow rimmed baking pan and insert the probe at an angle in the thickest part of the meat.

Place the roast in the oven and insert the probe into the probe receptacle. Close the oven door then touch the Probe symbol on the display, using the right knob change the internal temperature to 120°F/50°C and touch the Probe symbol to

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**For the Tomatoes**

3 cups grape or cherry tomatoes, halved  
3 cloves garlic, minced  
½ tsp (1.5g) dried oregano  
2 tbsp (30 ml) olive oil  
1 tbsp (15 ml) Balsamic vinegar

confirm. Once the roast reaches the programmed internal temperature the oven will turn off. Allow approximately 80 minutes for a 3lb (1.3 k) roast and 60 minutes for a 2lb (1 k) roast.

When the first slow roasting phase is complete, remove the roast from the oven and change the oven temperature to 425°F/220°C. Return the roast to the oven when the oven reaches temperature and cook for another 10 - 12 minutes until evenly browned. Remove and rest for 15 minutes prior to slicing.

To roast the tomatoes, combine them with the olive oil, oregano, Balsamic vinegar and a sprinkle of kosher salt and freshly ground pepper. Spread them onto the flat blue baking sheet and place in the oven with the lip facing the oven door. Roast for approximately 80 minutes until the tomatoes have softened and are caramelized around the edges.