

# Ham Wrapped Beef Tenderloin

Ham-wrapped beef tenderloin with Italian herbs and cherry tomato salsa. A gourmet main dish ready in 25 minutes with restaurant-quality results.

10	15	25	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Ham Wrapped Beef Tenderloin

## Ingredients

- 4 slice beef
- 12 slice ham
- 0.5 bunch parsley
- 0.5 bunch fresh oregano
- 0.5 bunch rosemary
- 0 olive oil
- 18 tomato
- 0.5 bunch basil
- 2 clove garlic
- 1 lemon
- 0 salt

## Instructions

- 1 Prepare the tomato salsa**

Cut 18 cherry tomatoes into small cubes and place in a mixing bowl.
- 2 Mince 2 cloves garlic and finely chop half a bunch of fresh basil. Add both to the diced tomatoes and mix gently.**
- 3 Squeeze juice from 1 lemon over the tomato mixture, drizzle with olive oil, and season with salt to taste. Set aside to let flavors develop while you prepare the beef.**
- 4 Season the beef**

Pat 4 slices of beef tenderloin dry with paper towels. Season both sides generously with salt and freshly ground black pepper.
- 5 Add herbs and wrap**

Finely chop half a bunch each of parsley and thyme. Sprinkle the chopped herbs evenly over one side of each beef slice.
- 6 Wrap each piece of seasoned beef completely with 3 slices of ham, overlapping the ham slices to ensure full coverage with no beef showing.**
- 7 Cook the wrapped beef**

Heat a cast iron pan or heavy skillet over medium-high heat until very hot, about 2 minutes.

- 8 Place the ham-wrapped beef in the hot pan and cook for 3-4 minutes until the ham is golden brown and crispy.
- 9 Flip carefully with tongs and cook for another 2-3 minutes for medium-rare, or until the beef reaches your desired doneness.
- 10 **Rest and serve**  
Transfer the beef to a cutting board and let rest for 5 minutes. Slice each piece and serve immediately topped with the prepared tomato salsa.

## Tips

Ask your butcher to pound the beef tenderloin to an even thickness of about ½ inch for consistent cooking and easier wrapping.

Let the wrapped beef rest at room temperature for 15-20 minutes before cooking to ensure even heating throughout.

Use a cast iron pan if possible - it provides superior heat retention and creates a beautiful sear on the ham wrapping.

Don't move the meat too frequently while cooking; let it develop a golden crust before turning.

Make the tomato salsa at least 30 minutes before serving to allow the flavors to meld together properly.

Save any pan drippings and deglaze with white wine or broth to create a simple pan sauce.

Use a meat thermometer to check doneness - the ham wrapping makes it difficult to judge by color alone.

Let the cooked meat rest for 5 minutes before slicing to allow juices to redistribute and prevent them from running out.