



From Our Family to Yours

## Roasted Beef Tenderloin

### Ingredients

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1 ea Beef Tenderloin (SKU #12333)

3 fl oz Olive Oil (SKU #30072)

Kosher Salt, to taste (SKU #92274)

Black Pepper, to taste (SKU #68258)



### Instructions

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Items to have on hand: Butcher's twine, sharp knife, roasting pan, cutting board, paper towels

Heat your oven to 400 degrees. Remove the tenderloin from packaging. Using paper towels, dry off any extra moisture. There is a piece of meat that runs up the side of the tenderloin called the chain. Using your hands, you can pull this off of the main piece of meat. Pull this away and off. The chain can be used for grinding or can be trimmed and grilled for a special treat for the chef! Next, using your sharp knife and your hands, start cutting and pulling the fat away from the meat. Once you get all of the fat pieces off, you will be ready to tackle the silver skin. Cut a little piece of silver skin and hold it taught, slide your knife underneath it and try to get as much silver skin without cutting a lot of the meat away. Continue this until you've removed the silver skin and most of the fat. Next, fold the smaller end underneath the tenderloin and use butcher's twine to tie into place. This will help keep the tenderloin uniform shape and help it cook more evenly.

Continue to tie the tenderloin in about 2 or 3 inch intervals until you've reached the top. At this point, the meat is ready to season. Place tenderloin in a roasting pan with a rack. Drizzle olive oil over the top and rub to make sure the tenderloin is properly covered in oil. Season generously with salt and pepper. Roast in oven for about 20 minutes or until an instant read thermometer registers at 120 degrees (for medium rare). At this point, turn your broiler on and give your tenderloin a quick broil, about 1 minute to achieve some good browning. Remove from oven and let rest for at least 15 minutes before slicing.