Whole Beef Tenderloin

BASIC ROASTING TECHNIQUE

Begin with a whole **Beef Tenderloin** which has been trimmed and tied. Tying the tenderloin will ensure that the roast will cook more evenly and that your finished slices will be more uniform end to end.

You will need a large skillet or frying pan, a roasting pan (preferably with a rack to keep the tenderloin off the bottom of the pan) and an oven pre-heated to 400 F.

Before roasting your tenderloin, you may season it in a number of ways. One is with a dry rub which can be liberally applied to the surface of the meat before it is seared and cooked. Another popular seasoning is to lightly oil the meat and apply freshly minced garlic, freshly ground black pepper and a bit of dry or freshly chopped herbs such as basil, oregano, thyme or marjoram. Avoid salting the meat before it is cooked. Salt tends to draw out the moisture from the roast and can make your meat dryer and as a result, tougher.

Heat your skillet to medium high and add a small amount of vegetable oil to glaze the bottom. Place the whole tenderloin roast into the pan and sear on all sides until medium brown. If the pan is very hot, this will take less than 10 minutes.

Once your tenderloin is seared, place it on the roasting rack then in the roasting pan. Place the pan in the pre-heated oven and roast until you reach your preferred doneness. (see below) Typically, for a medium rare roasted tenderloin, it will take between 30 and 40 minutes, however the only truly accurate way to get the doneness you really want is to use a meat thermometer. An "insta" read thermometer is the best type of meat thermometer to use for this purpose. It has the smallest diameter needle and reads temperatures quickly. With an "insta" read thermometer, there is no need to leave the thermometer stuck in the meat while it is cooking in the oven. If however, you have an oven with a built in temperature probe, by all means use it if you trust its accuracy.

Keep in mind that everyone's idea of doneness differs. One person's medium rare can be another person's rare. Below is a chart of general consensus.

Meat Doneness / Internal Temperature Guide

Expect a 7 degrees of temperature increase AFTER you remove your roast from the oven.

Remove from oven at:	For final temp of:	For Doneness of:	Looks like:
125 F	132 F	Rare	Dark red, nearly edge to edge, soft jelly like center..
135 F	142 F	Med. Rare	Rosy pink edge to edge with a darker pink/ red center.
140 F	147 F	Medium	A core of medium pink graduating toward light pink then a more full cooked grey toward the outer surface.
145 F	152 F	Med. Well	Medium grey edge to edge with a faint blush of light pink towards the very center.
150 F	157 F	Well Done	Medium to light grey edge to edge. No sign of color.

And finally: Allow 10 minutes for your Tenderloin Roast to rest and re-absorb its juices before carving then carve and season with salt, pepper and sauce. Enjoy!

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