

# Taste of Thirwood

**SERVES APP. 10**

## **INGREDIENTS**

4-5 lb. Beef Tenderloin, trimmed, cut into 2 pieces, and tied.

1 tbsp. steak seasoning

2 oz. clarified butter or olive oil.

Any herbs if you wish, fresh rosemary, thyme, etc. chopped.

## **PREPARATION**

1. Trim the beef tenderloin if it's not already trimmed from your butcher, then cut it in half. (This will help to sear it easily in a cast iron skillet or large sauté pan.) Tuck the long skinny end under the roast to make it all about the same thickness and use butchers' twine to tie it in place.
2. Season all over with steak seasoning and herbs, cover, and let stand at room temperature for 1-2 hours.
3. Preheat oven to 400 degrees F.
4. Place oil or butter in a large cast iron skillet and

### **\*Internal temperature guide:**

Rare : 115°- 120° F • Medium Rare: 120°-125° F Medium: 130°-135° F

## **Beef Tenderloin**



- heat over medium-high heat. Sear the tenderloin on all sides, creating a nice golden-brown crust.
5. If you use the skillet, place it in the pre-heated oven, or transfer beef to a roasting pan on a small rack.
  6. Drop the temperature of the oven to 300 degrees and roast until desired internal temperature is reached. \* See notes on temperatures.
  7. Remove tenderloin from the oven and transfer to a platter. Let it rest for 15-30 minutes to allow the juices to redistribute before slicing.