

# **McGonigle's Market**

**888-783-2540**

## **Beef Tenderloin Roast**

Whether you roast it in the oven, grill it over an open flame, wrap it in pastry for Beef Wellington, or one of the many other preparations; you are sure to be pleased with McGonigle's Beef Tenderloin. Trimmed to perfection, tenderloin is the ultimate in lean, tender beef.

## **Basic Tenderloin Roasting**

Beef tenderloin is very simple to cook. In its most basic form it is simply a matter of time and temperature. Whole tenderloin (approx 5 lbs) will roast to medium rare in a 325' oven in just about an hour. We recommend using a meat thermometer for accuracy, as all ovens will vary in temperature. The tenderloin is small in diameter and will be easily affected. To prepare for roasting, rub lightly with olive oil. Season with salt, freshly cracked black pepper and sweet basil. After seasoning, allow to rest at room temperature for no more than one hour. This will allow the roast to cook more evenly.

## **Basic Tenderloin Grilling**

Season as above. Sear over fairly high heat until browned all around. (10-15 min) Lower heat and allow to cook for 20-40 minutes more until desired doneness. Use a meat thermometer for accuracy.

**For other recipes, consult our website: [www.mcgonigles.com](http://www.mcgonigles.com)**