

BLUERIDGE

RESTAURANT GROUP, LLC

Whole Seasoned Tenderloin of Beef

1. Remove the prepped tenderloin from the refrigerator and allow to come to room temperature
2. Preheat oven to 425°F
3. Brush the tenderloin with olive oil
4. Season prepped tenderloin with kosher salt, cracked black pepper, garlic powder and fresh rosemary leaves that is provided.
 - Save some of the kosher salt and black pepper for seasoning after the roasted tenderloin is cooked.
5. Transfer the seasoned whole tenderloin onto a rack in a shallow roasting pan or sheet pan
6. Roast, uncovered, in a 425°F oven until desired doneness.

Whole Roasted Tenderloin Cooking Times:

For a 4 - 5-pound whole roasted tenderloin:

- Roast at 425°F for 50 to 60 minutes for medium rare (135°F)
- Roast at 425°F for 60 to 70 minutes for medium (150°F)

Note:

- *Keep in mind the whole roasted tenderloin cooking time may vary slightly depending on your oven.*
 - *The best way to know you are cooking a roasted tenderloin to the desired doneness is to use a meat thermometer.*
 - *Insert thermometer into the thickest part of the tenderloin*
7. Once the roasted tenderloin has reached the desired doneness, remove quickly from the oven and transfer to a cutting board
 8. Cover/drape with aluminum foil and allow the roasted tenderloin to rest for 15 minutes before slicing.
 9. After resting, remove/cut the strings the whole tenderloin is tied with.
 10. Slice tenderloin to desired thickness
 11. Once plated, season with a pinch of the remaining kosher salt and black pepper
 12. Garnish with a rosemary sprig and serve