

# BEEF TENDERLOIN

SERVES 8–10

Pat tenderloin dry with paper towel. Rub tenderloin with olive oil and seasoning. Bring tenderloin to room temperature, approx 30 min.

To grill, heat grill to medium-high heat. Sear tenderloin, approx 5 min each side.

Transfer to lower or indirect heat and grill until meat is approx 125° for rare to 130° for medium-rare, approx 20–30 min.

To cook in oven, preheat oven to 450°. Cook for about 30 min, until meat is approx 125° for rare to 130° for medium rare, approx 20–30 min.

With each method of cooking, check the meat thermometer after 20 min. Meat will continue cooking after removed from heat. Remove from grill or oven, cover loosely, and let sit 10–15 min before carving.

## DEEDEE'S NOTES:

- Beef Tenderloin may be prepped earlier in the day or 1 day in advance. Cover and chill. Bring to room temperature prior to cooking, approx 30 min.
- Beef Tenderloin may be roasted earlier in the day or prior to guests arriving. Serve at room temperature.
- Seasonings may include whatever you prefer. You may want to keep it simple with just salt and pepper. Our friends Mac and Bucky at Reid's Fine Foods in Charlotte prepare beef tenderloin with Reid's Steak Seasoning, a rub similar to McCormick Montreal Steak Seasoning. The idea is to simply cover the tenderloin with a layer of seasoning.
- If seasoning with just salt and pepper, you may want to add a seasoned butter; see *Basics*.

## INGREDIENTS

*4–5-lb beef tenderloin,  
trimmed and tied*

*Olive oil*

*McCormick Montreal Steak  
Seasoning*