

# COOKING AND REHEATING TENDERLOINS

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## COOKING FROM SEARED-

1. Bring roast to room temperature – let rest on the counter for 2+ hours (this shortens cook time)
2. Pre-heat oven to 375°
3. Place Roast, uncovered, on the center rack and cook uncovered for approximately 20-30 minutes. This number varies greatly and depends on the size, temperature, and quality of the oven. Therefore, always err on the side of caution (check before you think it's done) and use a meat thermometer.
4. Check the temperature at the thickest part of the roast for at least 30 seconds
  - a. 120-125° = Rare to Med Rare (best for lean cuts like tenderloin)
  - b. 130-135° = Medium to Med Well (best for fatty cuts like prime rib)
  - c. 140° or higher = Order Chicken
5. When the desired temperature is reached remove from oven and let meat "rest" for 10 minutes before carving

## COOKING FROM RAW – REVERSE SEAR METHOD

*This method ensures perfect pink meat color from center to edge and a crisp crackly crust. You can perform slow cooking well ahead of service and sear just before serving.*

1. Generously season the exterior with coarse salt and pepper or any seasoning mixture. Let sit seasoned and lightly covered for as much as 24-36 hours in the refrigerator (mini dry aging).
2. Bring to room temperature for at least 2 hours before cooking
3. Pre-heat oven to 275 degrees, yes, two hundred seventy-five
4. Roast uncovered until
  - a. 120 degrees in the center for Medium Rare (good for lean cuts like tenderloin)
  - b. 135 degrees for Medium (good for fatty cuts like prime rib)
    - i. Allow about 20-30 minutes, but check it early as ovens vary
5. If done early tent with foil and rest on the counter, then sear just before serving-
6. Preheat the Broiler or Crank the oven to 500+ degrees
7. Broil or Sear for 8-10 minutes until a delicious crust develops
8. Rest for 5 minutes before carving

## REHEATING (best for smaller cuts)

1. Bring beef to room temperature – at least two hours on the counter
2. Pre-heat oven to 375°
3. Place on the center rack and cook uncovered for about 20-40 minutes depending on size and temperature.
4. Check the temperature at thickest part of the roast for at least 30 seconds
  - o 120-125° = Rare to Med Rare
  - o 130-135° = Medium to Med Well
  - o 140° or higher = Order Chicken
5. When the desired temperature is reached remove from oven and let meat "rest" for 10 minutes before carving