

Spanish Jack's

Magnificent Roasted Beef Tenderloin

Preparation: 10 minutes, Cook Time: 1-3 hours

Yield: 3-4

Spanish Jack's Cookbook

Blueberry Grilling Sauce Recipes: **Beef**



Beef tenderloin, what can I say. It is a large amount of meat to fix at one time, but it can be used later for future meals. Perhaps, I should have called this recipe "Memorable Roasted Beef Tenderloin." Once you season this beef, the flavor will make your mouth water and call out for more.

Yes, there are several steps in this recipe, but it will be well worth doing. The size of your tenderloin will determine how many meals you can create out of this recipe. You can make sandwiches or as a meat by itself with a side of mashed potatoes. The left over bits and liquid can be turned into a wonderful stew or soup. You can easily freeze portions for future meals.

Source: *Connie – Ohio*

1 Whole 4-5 pound Beef Tenderloin Steak
1 ½ Tablespoons Seasoned Salt
1 ½ Tablespoons freshly ground Tri-Color Peppercorns
2 teaspoons Lemon Pepper Seasoning
1 ½ Tablespoons dried Rosemary
1-2 tablespoons Butter

1-2 Tablespoon Olive Oil
1 (32 ounce) carton Beef Broth
1-1 ½ C Spanish Jack's Blueberry Grilling Sauce, you can add more for more flavor
1 diced Vidalia Onion, optional
5-6 thinly sliced Mushrooms, optional

Directions:

1. Preheat oven to 475° degrees. Try to trim off any fat and silvery cartilage. Do not worry if you do not get all the fat out. Try to get as much of the fat as you can. The little remaining fat will help with the moisture and flavoring. If you can ask the butcher to do the trimming, it will save you time.

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2. On a meat board, sprinkle seasoned salt, rosemary, freshly ground tri-colored peppercorns and lemon pepper on all sides of the tenderloin. Based on the size of your tenderloin, you may use more or less seasoning for your tenderloin. ** (I use an electric coffee grinder to grind my peppercorns.)
 3. At a medium heat setting, add the butter and olive oil in a medium to large saucepan. Add the seasoned tenderloin to the saucepan as soon as the butter melts. Use a pair of large forks to turn the beef. This will also help the juices go deep into the meat. Allow the meat to slightly brown on all sides before placing the tenderloin on an oven pan with a rack. ** (I always line both the oven pan and the rack. It will cut down on the cleaning.)
 4. With your seared brown tenderloin on an oven pan rack, insert a meat thermometer lengthwise into the meat. Place it in a 475-degree oven until the temperature reaches just: ** (temperatures may vary based on how thick or thin your tenderloin might be.)

140° for fifteen to twenty minutes = rare
160° for 60 minutes = medium
170° for 80 minutes = well done
- Keep an eye on the meat thermometer; to make sure it doesn't overcook.
5. Once your meat thermometer has reached the desired temperature, take the tenderloin out of the oven. Place the beef on a meat board. Let beef stand ten minutes or so before slicing so the meat will have a chance to relax a bit.
 6. Put the sliced beef tenderloin in a medium-large saucepan. Add the beef broth into the pan.
 7. Turn the saucepan's heat to a low-medium setting. Now add 1-1 1/2 cups of Spanish Jack's Blueberry Grilling Sauce. ** (Note: You can add more sauce for a stronger flavor.) Cover. Allow the meat to cook for 1 hour or longer. The longer it cooks in the liquid, the meat will gain more flavor and become tenderer. At this time, you can add onions and mushrooms.
 8. Serve as a sandwich meat or on the side with mashed potatoes. Leftovers can be made into a stew or soup.




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