

BEEF TENDERLOIN

There is No Better Choice for Your Special Holiday Occasions

Tenderloin of beef is the hands-down favorite of chefs, caterers and knowledgeable cooks for any festive occasion. It is the most tender and flavorful cut of beef and needs little more than some seasoning and a quick roasting in high heat to become an elegant main course. And it is low in calories and fat, making it one of the healthier cuts of beef.

Beef tenderloin is also a very versatile cut. It can be roasted whole or sliced into individual filet mignon steaks. This one cut of meat is the basis of such classic recipes as Filet au Poivre, Steak Diane, Beef Wellington and Tournedos Rossini.

Because Sam's Club beef tenderloin has been trimmed with care, there is very little waste; professionals feel that the tenderloin is a great value because you can serve every bite. And the quality is impressive; all of the beefsteaks and roasts offered at Sam's Club are harvested in the U.S. and are USDA Choice*.

Serve beef tenderloin/filet mignon with hearty side dishes like au gratin or mashed potatoes, creamed spinach, sautéed mushrooms and baked onions; even French fries and onion rings are well paired with the rich, tender meat.

Go to samsclub.com/entertaining to find detailed roasting directions and recipes for Filet au Poivre, Red Wine Sauce, compound butters (ideal for entertaining), a Gorgonzola cheese sauce and an herb rub.

Tenderloin Tips:

- Filet mignon steaks are sections (usually 2 to 2-1/2 inches long) sliced from the whole roast. You will get about 8 filets from a whole tenderloin roast.
- The tenderloin roast benefits from an herb rub before roasting or grilling.
- Let meat come to room temperature before cooking.
- Roasting the tenderloin whole (not cutting into individual steaks) makes it easier to handle and you can control the degree of doneness more easily. It will serve 8 to 10.
- Don't guess—always use a meat thermometer. You don't want to overcook this beef.
- Filet mignon steaks are best prepared in a heavy-bottomed sauté pan on top of the stove or on the grill.
- Filet mignon will cook in less than 10 minutes; the whole tenderloin will take about 40 minutes.
- Large cuts of meat should be seared at a high temperature to impart a rich brown crust, but should finish cooking at a lower temperature until done.
- When you prepare the whole tenderloin roast, it's important to let it rest after removing from the oven before carving. The internal temperature will rise 5 to 10 degrees, while the flavorful meat juices are drawn back into the meat.

*The term Choice indicates a premium cut of meat that has an optimum amount of fat in the muscle to keep it moist and flavorful while cooking.