

TISCHLER'S MARKET

Meat | Seafood | Deli

Choice & Prime Steaks, No Growth Hormones, No Antibiotics

BEEF TENDERLOIN

1. Remove tenderloin from fridge for at least 30 minutes before cooking to allow it to reach room temperature
2. Pre-heat oven to 400°F
3. Season tenderloin generously with desired seasonings
4. Place roast in shallow roasting pan
5. Cook tenderloin uncovered approximately 45-50 minutes (approximately 10 minutes per pound)
6. Check internal roast temperature before estimated cooking time is up
 - 125°F Rare
 - 135°F Medium
 - 140°F + Well done
7. Remove roast at desired temperature and let it rest for 15-20 minutes before slicing

NOTE ON MEAT TEMPERATURES:

What constitutes rare and medium-rare cooked meat? To satisfy government home economists, the Beef Council says rare beef means an internal temperature of 140°F. This temperature is ok if you like well-done, dry meat. If you like moist, rosy colored meat, rare begins at 120°F and starts to become medium-rare at 130°F. To cook meat properly and to your liking, you must use a good meat thermometer!

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