



How to Cook a Beef Tenderloin #1

Traditional Roasting

1. Make sure you purchase your roast from your Favorite Market,
Cavallari Gourmet!
2. Have Cavallari season your roast for you with one of our delicious seasoning blends.
 3. If not – unwrap roast and season liberally with
kosher salt, freshly cracked pepper, and granulated garlic.
4. Remove your roast from the refrigerator 20–30 minutes before roasting
to allow it to warm up a little and “relax.”
5. Plan on roasting your tenderloin for 45 minutes to 1 hour depending on how done you
like it.
 6. Pre-heat your oven to **350° F**.
7. Place roast on a large flat baking sheet or shallow broiler pan. Use a sheet of parchment
paper under the meat. If you buy your roast from us we'll happily give some parchment
paper to you free of charge!
 8. Roast at 350° F for **25 minutes** (regardless of size).
9. Take temperature of roast. See below for suggestions on meat thermometers and how to
use them properly.
 10. If roast has not reached desired temperature continue to cook at 350°F.
 11. Check roast temperature at **10 minute** intervals until cooked as desired.
 12. Remove roast from oven and let rest for 10 minutes before slicing.
 13. Enjoy!

See Below For Cooking Temperatures

Beef Tenderloin Roast Temperatures

rare	130°-135° F
medium rare	140°-145° F
medium	145°-150° F
medium well	150°-155° F
well	165° F and up

Please be aware that different ovens and even different roasting pans will cook differently!

We can only provide guidelines when it comes to cooking your roast properly.

We highly recommend having a digital instant-read thermometer in your kitchen.

We use them ourselves here at the shop!

Check the temperature in more than one place to make sure your roast is evenly done.

Insert the thermometer into the meat and make sure it does not touch any bone.

Cavallari
GOURMET

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