



## *How to Cook a Beef Tenderloin #2*

### *"High Heat - Long Hold"*

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. Pre-heat your oven to **500° F.**

*Make sure your oven is clean! If not, it might start to smoke at this high temperature!*

6. 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!

**This method of roasting a beef tenderloin will give you juicy, delicious results, BUT you have to be willing to enjoy your roast even if it is not done “perfectly.” We have found that sometimes this method cooks a tenderloin more done and sometimes less done than medium..**

**It will be close to medium and it will be delicious but it might not be “exact.”**

**See Below for the rest of the recipe!**

7. Roast at 500° F for **5 minutes per pound only**.
8. Turn oven **OFF**.
9. **DO NOT** under any circumstances remove your roast from the oven.
10. **DO NOT** under any circumstances open the oven door – not even for a quick peek.
11. Allow roast to sit in oven for **2 hours**.
12. Remove roast – slice and serve! Roast should be done to *about medium*.
13. Enjoy!

### 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.**

*Cavallari*  
GOURMET

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