



WÜSTHOF

From Chef Mike's Kitchen to Yours!

Beef Tenderloin

Ingredients:

Beef tenderloin
Olive oil
Minced garlic
Kosher Salt
Black pepper

Instructions:

1. Pre-heat oven to 425°. Trim fat and silver skin off of tenderloin. Coat with olive oil and rub in a generous amount of the above listed seasonings.
2. Heat a heavy, coated pan on high heat for 4-5 minutes. Add tenderloin and sear evenly.
3. Transfer to a foil-lined pan and place in the pre-heated oven until a meat thermometer reads 125° at the thickest part. Remove from oven and let rest 15 minutes before slicing.

Recommended Knife:

WÜSTHOF CLASSIC 9" Hollow Edge Carving Knife



*Compliments of
Chef Mike*



Quality - Made in Solingen/Germany