

# Mazzulo's *Only the Best*

## *Tenderloin Recipes from Brooke*

A whole beef tenderloin is approximately 5lbs and will feed about 8-10 people.  
It's done when your meat thermometer reads 140°.

*Internal Temperatures Rare 140°*

*Medium 160°*

*Well 170°*

### **Roast Beef Tenderloin**

1 whole beef tenderloin roast  
Salt  
Pepper  
Any other favorite seasoning

Remove roast from refrigerator for approximately 1 to 2 hours before cooking and rub in your seasonings.

Preheat oven to 500.

Place roast in a shallow open pan.

Bake at 500 for 10 minutes, then lower oven temperature to 350 and leave in for 30 additional minutes.

It is very important not to open the oven door during the whole cooking time.

Your roast will be done to perfection.

Slice and serve.

### **Dijon Roast Tenderloin of Beef**

1 whole beef tenderloin roast  
2 tsp. soy sauce  
1 tsp. pepper  
1 clove garlic, minced  
2 shallots, minced  
1 tsp. olive oil  
1/3 cup dry red wine  
1-1/2 Tbs. Dijon mustard  
1 cup beef stock  
1/4 cup plus 1 tbs. evaporated skim milk or whipping cream

Preheat oven to 500F.

Rub soy sauce into meat. Sprinkle with pepper and set aside 20 minutes.

Roast 10 minutes at 500, then lower oven temperature to 350 and leave in for 30 minutes.

It is very important that you do not open the oven door during this time.

Sauté garlic and shallots in oil in a skillet over medium heat for 3 minutes. Add wine, increase heat to high and simmer 1 minute. Stir with a spoon to de-glaze, add mustard, stock, and milk. Bring to boil. Stir frequently and reduce heat to medium. Simmer 6 minutes, stirring frequently, or until sauce coats the back of a spoon. Reduce heat to low. Continue stirring until thoroughly blended.

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### **Beef Tenderloin with Spinach and Sun-Dried Tomatoes**

1 whole Beef tenderloin  
1 package of frozen chopped spinach  
1/2 cup oil packed sun-dried tomatoes, drained and finely chopped  
2 tsp. olive oil  
1 clove of garlic minced

Preheat oven to 500F.

Combine spinach, garlic, oil and sun-dried tomatoes in a frying pan and sauté over medium low heat for 10-12 minutes. While simmering, prepare tenderloin by using a well-scrubbed sharpening steel or some other thick pointed tool, pierce the tenderloin all the way through the center, lengthwise. Rotate the sharpening steel to create a 1/2-inch hole.

Let the spinach mixture cool slightly and stuff into the hole you created in your tenderloin.

Bake at 500 for 10 minutes then lower oven temperature to 350 and continue to roast for 30 minutes. It is very important that you do not open the oven door during this time.

Try adding sautéed scampis to your spinach and tomato mixture before stuffing.

### **Beef Tenderloin with Fontinella Cheese and Mushroom Sauce**

1 whole beef tenderloin center cut (3 -4lbs)  
2 tablespoons of olive oil  
1 garlic clove minced  
¼ cup of white wine  
½ cup beef broth  
8-10oz. mushrooms diced (leave 2 mushrooms whole)  
8-10oz. Fontinella cubed  
Salt and pepper to taste

Preheat oven to 500.

Heat oil in a skillet; add garlic and sauté until tender. Add wine, broth, and mushrooms. Simmer until most of the liquid is gone.

While that is simmering take a long sharp pointed knife, insert knife into one end of roast (lengthwise). Then from the other side do the same so it meets the first side. It will be like a tunnel through the middle, about the size of a nickel.

Stuff with the fontinella cheese and rub the roast down with salt and pepper.

Use the whole mushrooms as corks (this will keep the cheese from oozing out).

Place on a cookie sheet and roast for 10 minutes at 500 then lower oven temperature to 350 and continue to roast for 30 minutes. It is very important that you do not open the oven door during this time.

Place finished tenderloin on a serving platter, pour your mushroom glaze over the roast and serve.