

TENDERLOIN ROAST

F MEDIUM

Last Modified: 05/06/2014

PREP: 100+ Hrs
COOK: 3 Hrs
OVEN: 250

BEEF

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
5 ~ 6	Pounds	Whole Beef Tenderloin (Prime Grade)	Trimmed
3	Cups	Recipe: Sauce - Stock - Roast Beef Au Jus	
OR			
3	Cups	Quick Au Jus (Below)	
OR			
2	Cups	Canned Au Jus (Quicker Still, But SALTEEE)	
2	Cups	Dry Red Wine (Pinot Noir)	
1	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1 +	Pounds	Lean Applewood Smoked Bacon	Thin Sliced
1/4	Cup	Black Peppercorns	Crushed
3	Tbsp	Coarse Kosher Salt	
4	Tbsp	Garlic	Crushed
3	Tbsp	Olive Oil	

QUICK AU JUS

	ALL	Fond From Roasting Pan	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
3	Cups	Low Sodium Beef Stock (Swanson)	
2	Cups	Dry Red Wine (Pinot Noir)	

PREPARATION

FACTOID	A Beef Tenderloin Roast is "Prime" and can sometimes be very difficult to find. Usually a "Choice" Tenderloin is entirely sufficient for here. DO NOT EVEN CONSIDER purchasing a Select Tenderloin. Purchase the Tenderloin Roast at least 4 days ahead of time and dry-age it in order to concentrate the flavors. Prime Grade Beef is ALWAYS labeled as "USDA Prime". Choice Grade Beef is ALWAYS labeled as "USDA Choice". Select Grade does not have to be labeled at all since it is the "assumed" USDA grade.
HINTS	TRIMMING A TENDERLOIN: Untrimmed Tenderloins usually come as a "primal" packed in a very heavy "Cryovac" plastic bag. See "Ron's Factoids under Beef" for complete instructions on how to prepare and trim a whole Beef Tenderloin for roasting. You may optionally purchase a "Chateaubriand Cut" of Tenderloin (Center cut) which will already be trimmed for you.
DRY AGEING BEEF	Pat the Tenderloin dry with paper towels and place it on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (funky looking). An 8 pound roast will lose well over 1/2 pound during this most important ageing process.

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TOOLS	<ol style="list-style-type: none"> 1) Fine Wire Strainer 2) Electric Carving Knife 3) Medium Saucepan & Lid 4) Quart Zip Lock Bag 5) Meat Tenderizing Hammer 6) Wire Rack 7) Meat Probe Thermometer 8) Roasting Pan & Rack 9) Gravy Separator 10) Fine Wire Strainer
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Place the Peppercorns in a quart zip lock bag and crush them using a meat tenderizer. Add the Salt into the bag, shake to mix it well and set it aside. 2) Crush and thinly slice the Garlic Cloves and set them aside. 3) Preheat the oven to 250 degrees with a rack in the lowest position.
1	<p>1 1/2 Hours Before: Set the trimmed Rib Roast on a rack on the counter and bring it to room temperature (A very, very, VERY Important step to get a Roast that is a consistent cooked color ALL of the way through).</p>
NOTE	<p>To make a non-spicy but peppery tasting fantastic fresh cracked Peppercorn crust for this Roast substitute the Recipe: Seasoning - USA - Peppercorn Roast Coating in place of the Kosher Salt and Cracked Black Pepper coating used in step 3 in this recipe.</p>
2	<p>Fold over and tie up the thinner tail of the Tenderloin (Last 6 inches or so). So the roast ends up roughly the same thickness for it's entire length.</p>
3	<p>Evenly brush the entire surface of the Tenderloin with Olive Oil. Roll the Tenderloin in the fresh Cracked Black Pepper and Kosher Salt mixture.</p>
4	<p>Place the Roast on a raised grill in a roasting pan and pat the entire top surface with the Chopped Garlic.</p>
OPTION	<p>Carefully wrap strips of Bacon around the circumference of the Roast (The Strips <u>will</u> shrink as they cook - so place them tightly edge-to-edge). Secure each Bacon Strip to the Roast with kitchen twine sprayed with non stick cooking spray (using Butchers Loops - Easy, but Look it up anyway) until the entire length of the Roast is coated with Bacon Strips. The Bacon goes on top of the Peppercorn coating.</p>
5	<p>Insert a meat probe thermometer into the center of the thickest part of the Roast. Place the Roast in the oven and roast it until the internal temperature reaches 125 Degrees (Rare), around 1 3/4 to 2 1/2 hours.</p>
NOTE	<p>After resting, the Roast will end up at around 130 to 135 degrees (Medium Rare). However; both end cuts will STILL be medium to medium well done.</p>
6	<p>Remove the Tenderloin Roast from the oven (ALWAYS leave the probe in until you are ready to slice it so the juices do not leak out), tent it lightly with aluminum foil and let the Roast stand for 30 minutes to allow the internal temperature to finish rising and to let the Meat Juices redistribute (instead of running out on the carving board) and the protein fibers to complete their breaking down process (tenderization). Meanwhile, raise the oven temperature to 500 degrees.</p>

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7	AU JUS: Meanwhile, pour off the juices in the roasting pan into a gravy separator and allow it to set for 5 minutes. Pour the Juices back into the roaster, discarding the fat, and place it on the stovetop over medium heat. Add in the Beef Stock, Worcestershire Sauce and Dry Red Wine. Bring it to a boil while scraping the pan to deglaze and remove all of the crusty bits. Lower the heat and simmer it until reduced by 1/2. Strain it through a fine wire strainer to remove any large chunks.
8	Return the Roast to the hot oven and cook for an additional 10 to 15 minutes to make the exterior of the Tenderloin and the Bacon Strips nice and crusty. Remove the Roast and allow it to set again, covered with the same aluminum foil for 10 minutes more.
9	Using an electric knife, slice the Roast into even thickness rounds with a slice of Bacon encircling each round. Using scissors, cut and carefully remove each piece of kitchen twine while leaving each of the Bacon Strips intact.
SERVE	Arrange the Rounds on a serving platter, drizzle with a little Au Jus and serve while hot with more Au Jus on the side. (A nice Compound Butter - i.e. Roasted Red Pepper and a Crusty Bread on the table would be VERY nice).