

TENDERLOIN - SALT PASTRY WRAPPED

F MEDIUM

Last Modified: 08/21/2014

PREP: 24 Hrs
COOK: 2 Hrs
OVEN: 400

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4 ~ 5	Pounds	Beef Tenderloin (Prime Grade)	Trimmed
1	Recipe:	Sauce - Red Wine Steak Sauce	

SALT PASTRY WRAP

5	Cups	All Purpose Flour	
3	Cups	Kosher Salt	
3	Tbsp	Fresh Ground Black Pepper	
5	Large	Egg Whites	
1 1/2	Cups	Water	
1/3	Cup	Fresh Italian Parsley Leaves	Chopped
AND			
4	Sprigs	Fresh Thyme Leaves	Chopped
AND			
8	Leaves	Fresh Sage	Chopped
1	Tbsp	Olive Oil	

PREPARATION

FACTOID	I enjoyed this late one afternoon at the Flying Cock Pub just outside of Manchester U.K. while waiting for Scotland Yard to "prove" that I had fixed their Computer. I envisioned a Rooster in flight. Above the Bar was a phallic sculpture with wings - Leave it to the Brits.
DRY AGEING BEEF	Pat the Tenderloin dry with paper towels, hand rub the entire surface with Kosher Salt 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 a minimum of 1 day and a maximum of 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (REALLY funky looking) before cooking. Odds are you will not have to trim it at all. An 8 pound roast will lose well over 1/2 pound during this most important process.
NOTE	To greatly shorten the preparation time, you may optionally seal the browned Roast in sheets of thawed frozen Puff Pastry Dough (<u>NOT</u> Phyllo Dough) instead of using the Salt Pastry Dough Recipe included here. Coat the Pastry Dough surface liberally with an Egg Wash just before Baking. Make several fancy slices through the top of the Pastry Dough to allow steam to escape. The Roast now becomes Beef Wellington.
NOTE	If you decide to purchase an untrimmed Beef Tenderloin in Cryovac, you MUST prepare and trim it according to the instructions in RON'S GOLD PLATED COOKING FACTOIDS (Page 2) under BEEF TENDERLOIN.
NOTE	You want to purchase the thick-end (Chateaubriand) of a Beef Tenderloin..
TOOLS	<ol style="list-style-type: none"> 1) Small Mixing Bowl 2) Potato Masher 3) Gallon Zip Lock Bag 4) Electric Griddle OR Large Non-Stick Skillet 5) Large Aluminum Sheet Pan 6) Instant Read Thermometer

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HINTS	Sealing the Tenderloin in the Dough, makes for an extremely flavorful and tender Roast. The Herbs are forced into the Meat by steam.
CAUTION	Do NOT eat the Salt Pastry Dough - You won't l i k e it!
PREP	SALT PASTRY WRAP 1) Chop the Parsley, Thyme and Sage, mix well together and set them aside. 2) Preheat the oven to 400 degrees.
1	The Day Before: Place the Flour, Salt, Black Pepper, and 2 tablespoons of the Herb Mixture in a large mixing bowl. In a small mixing bowl, whisk together the Egg Whites and Water. Add it to the Dry Mixture and mash with a potato masher until the mixture begins to come together, then knead with your hands for 1 to 2 minutes.
2	The Day Before: Transfer the mixture to a gallon zip lock bag and seal - let stand at room temperature for a minimum of 4 hours and a maximum of 24 hours.
3	The Day Before: Transfer the Dough to a Floured surface and roll it out into an 18 inch x 24 inch rectangular shape about 3/16 inch thick. Trim the edges to be relatively square and sprinkle with the remaining Herb Mixture leaving about a 1 inch band on all edges clear.
4	Fold over the slender tail of the Tenderloin and tie it with kitchen twine. Rub the entire surface of the Tenderloin with the Olive Oil. If using Puff Pastry, sprinkle the Tenderloin with Salt and Pepper to taste. On an electric griddle set to the highest heat possible, or a large non-stick frying pan over high heat, sear the Beef Tenderloin Roast on all sides until well browned, about 10 minutes.
5	Rest the Beef Tenderloin for about 30 minutes or so, until very cool to the touch so as not to melt the Dough while sealing. Re-roll the Dough to be 18 inches wide X the length of the Beef Tenderloin + 4 inches.
6	Place the Beef Tenderloin in the center of the Dough and pat the remaining Herb Mixture on the top. Fold the Dough over the length of the Meat and fold back 1 inch of the Dough upon itself. Fold the other flap over the Meat and seal the 1 inch edges together lightly (no holes are allowed in the Dough - you may roughly seal cracks & holes with leftover trimmed and wetted pieces of Dough). Make sure the Dough is not too tight around the Tenderloin as there must be room for steam to escape. Seal the ends tightly and trim away any excess Dough.
7	Place the wrapped Tenderloin carefully in the center of a large sheet pan. Place it in a preheated 400 degree oven until the internal temperature reaches 125 degrees (rare), approximately 25 to 30 minutes.
NOTE	If using Puff Pastry instead of the Salt Pastry Dough, roast until the Pastry Dough becomes golden brown.
8	Remove the Roast from the oven, tent it loosely with aluminum foil and allow it to rest for 1 hour. While resting the temperature should continue to rise to around 135 degrees (medium rare). Meanwhile make a thick Red Wine Sauce Recipe for serving.
NOTE	If using Puff Pastry instead of the Salt Pastry Dough, slice the Roast into 1 inch thick Steaks across the grain while leaving each with a Puff Pastry Dough Ring around the outside. Carefully remove any kitchen twine you can see.
9	Slice the ends of the Salt Pastry Dough off. Slice the top and carefully lift the Roast from the Dough. Cut off the kitchen twine. Discard the Dough and slice the Roast into 1 inch thick slices across the grain.
SERVE	Arrange on a serving platter - drizzle with a little of the Red Wine Sauce and serve while hot.

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