



Tenderloin Your Way

DIY Beef Butchery



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Eating well and saving money are easy when you purchase a whole Beef Tenderloin and cut it yourself into roasts, steaks, medallions, kabobs or stir-fry strips.

Delicious, naturally nutrient-rich Beef Tenderloin is one of the more than 29 cuts of beef that meet government guidelines for lean, providing the flavorful beef taste you love in 170 calories, and 7.1 grams of total fat (including 2.7 grams of saturated fat) per 3-ounce cooked serving. What's more, like all beef, Tenderloin supplies more than 10 percent of the Daily Value for 10 essential nutrients including protein, iron and zinc.

In fact, at 48 percent of the Daily Value per serving, beef is an excellent source of high-quality protein, a powerful nutrient that research has shown can help in maintaining a healthy weight, building muscle and fueling physical activity. And since succulent Tenderloin steaks pair perfectly with fruits, vegetables and whole grains, it can be easy to get the protein you need and enjoy a balanced diet.

By cutting your own steaks, you can save at least \$2 per pound.

Insider Information

Shopping tips:

- ◆ When considering cost, think cost per serving or per meal, rather than price per pound.
- ◆ You may find two options for purchasing fresh Beef Tenderloin at the market.

1. One option is the beef has already been trimmed and ready to be cut into roasts, steaks, kabobs or stir-fry strips. This option has a higher cost per pound, because it yields 100% usable product.

2. The second option is vacuum-packaged beef that needs to be completely trimmed and cut. When trimming a whole Tenderloin with a side muscle attached, there will be approximately 15 percent waste, a cost that also needs to be factored into the price.

What You'll Need:

- Kitchen shears to cut open the vacuum package
- Sharp knives – a utility knife for trimming and a chef's knife for cutting
- A clean large cutting board
- A tray for the final cuts

DIY Guide to Cutting a Whole Beef Tenderloin



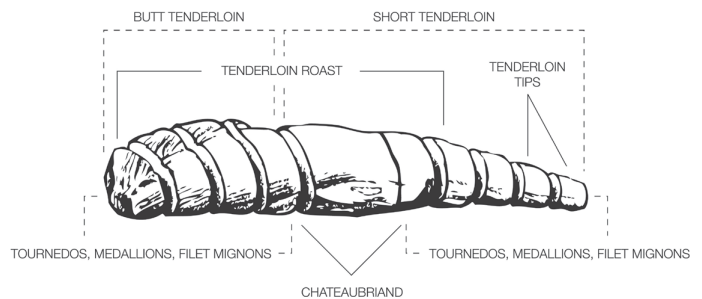
1. Carefully cut open the larger end of the vacuum bag and drain any liquid over a sink. Remove the Tenderloin, fat side up, to a cutting board. When you first open the bag, there is a strong beefy aroma. This is normal and will dissipate shortly after the package is open.



2. Trim the outside fat covering; it may be easier to pull it off with your hands. Then, using a utility knife, trim off the long strip of muscle and fat along one side. This is called the "chain muscle." However, if it is tight to the rest of the tenderloin, it can stay. Sometimes, it has already been removed before packaging. This piece can be trimmed and used for stir-fry or sautéed quickly for a salad topper.



3. Remove the white or silver connective tissue called the silverskin. This does not soften during cooking so it needs to be removed and discarded. The easiest way to do this is to slip the tip of the knife under the silverskin and tilt the knife slightly upward and slide it under the silverskin to remove a thin strip. Continue until all of the silverskin is removed.



4. Cut the trimmed Tenderloin, across the grain, into individual cuts. The entire Tenderloin can be cut into steaks, with the best steaks coming from the center. While steaks can be cut any thickness, try to keep the same angle and thickness each time you cut for consistency. It's easier to control doneness if steaks are at least 1-inch thick. Thinner steaks can go from medium rare to overdone in a very short time.

- The larger, butt end of the Tenderloin is used for roast or steaks.
- The center cut is perfect for steaks or Chateaubriand. (Chateaubriand is a thick cut Beef Tenderloin steak large enough to serve two people. The traditional recipe calls for broiling the center portion of the tenderloin and is typically served with a classic béarnaise sauce.)
- The small tapered tip is great for medallions, kabobs and stir-fry.
 - For medallions, cut $\frac{1}{2}$ to $\frac{3}{4}$ inches wide
 - For kabobs, cut into $1\frac{1}{4}$ inch pieces
 - For stir-fry, cut into $\frac{1}{2}$ to $\frac{3}{4}$ inch strips

Tenderloin Your Way. DIY Beef Butchery...

Roasts



A Tenderloin roast is great for special occasions or family gatherings. Tenderloin is the most tender cut and is carved easily into thin slices, making it a perfect choice to stretch your entertaining dollars.

Roasting Beef Tenderloin

1. Heat oven to 425°F.
2. Press 3 tablespoons fresh thyme, chopped, and 4 teaspoons pepper evenly onto all surfaces of beef roast. Place roast on rack in a shallow roasting pan. No cover. No liquid.
3. Roast in a 425°F oven until a meat thermometer registers 135°F for medium rare or 150°F for medium.

2 to 3 pounds
(center cut)

Medium rare: 35 to 40 minutes
Medium: 45 to 50 minutes

4 to 5 pounds
(whole)

Medium rare: 50 to 60 minutes
Medium: 60 to 70 minutes

Remember – standing time is important for roasts, the temperature will continue to rise about 10°F and the juices set up so it makes carving easier.

STORAGE

Unless you are entertaining, chances are you will need to freeze some beef for later use.

Once vacuum-packed beef has been opened, it should be used within 3 to 4 days or frozen for later use.

When wrapped properly, beef can be frozen for 6 to 12 months. It's important to wrap the steaks tightly in freezer-style bags, coated freezer paper or heavy-duty aluminum foil to keep the air out. Be sure to label your packages with the contents and the date.

Steaks



Lean Beef Tenderloin steaks, also known as Filet Mignon, are versatile and perfect for grilling, broiling or skillet cooking.

Grilling Beef Tenderloin Steaks

Grill steaks, uncovered, over medium, ash-covered coals or over medium heat on preheated gas grill (covered) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Thickness	Charcoal	Gas Grill
1 Inch	13 to 15 min.	11 to 15 minutes
1½ inches	14 to 16 min. (grill covered)	16 to 20 minutes

Broiling Beef Tenderloin Steaks

Place 1-inch steaks on rack in broiler pan so the surface of the beef is 2 to 3 inches from heat. Broil 13 to 16 minutes (for 1½-inch steaks, 18 to 22 minutes) for medium rare to medium doneness, turning once.

Skillet Cooking Tenderloin Steaks

Heat heavy nonstick skillet over medium-high heat until hot. Place steaks in skillet. Do not crowd. Cook, uncovered, according to chart for medium rare to medium doneness, turning once.

½ Inch	3½ to 5½ minutes
¾ Inch	7 to 9 minutes
1 Inch	10 to 13 minutes, turn occasionally

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Beef Tenderloin Kabobs are great for special occasions as an entrée or appetizer.

For kabobs, cut pieces from the tapered tip of the Tenderloin.



Beef Tenderloin Stir-fry is a fast weeknight meal that delivers on flavor and gets your family to eat more vegetables.

For stir-fry strips, cut slices from the tapered tip of the Tenderloin. For even cooking, keep uniformity and thickness of the strips the same.



Succulent Filet in a Field of Greens

Total Recipe Time: 20 to 25 minutes

4 beef tenderloin (filet) steaks, cut 1 inch thick

1 tablespoon olive oil

3 teaspoons minced garlic, divided

1 teaspoon chopped fresh thyme

3 cups assorted wild mushrooms (such as cremini, oyster, shiitake, enoki and morel)

2 cups red and/or yellow cherry tomatoes, cut in half

2 tablespoons champagne or white wine vinaigrette

Salt and pepper

½ cup mixed baby salad greens

1. Heat oil in large nonstick skillet over medium heat until hot. Add mushrooms and 1 teaspoon garlic; cook and stir 2 to 4 minutes or until mushrooms are tender and browned. Remove to medium bowl; cool slightly.

2. Meanwhile, combine remaining 2 teaspoons garlic and thyme. Press evenly onto beef steaks. Place steaks in same skillet over medium heat; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter.

3. Add tomatoes, salad greens and vinaigrette to mushrooms; toss lightly to coat.

4. Season steaks with salt and pepper, as desired. Serve with salad.

Makes 4 servings

Cook's Tip: Three cups sliced button mushrooms can be substituted for assorted wild mushrooms.

Nutrition information per serving: 273 calories; 14 g fat (3 g saturated fat; 5 g monounsaturated fat); 67 mg cholesterol; 182 mg sodium; 8 g carbohydrate; 2.4 g fiber; 27 g protein; 10.6 mg niacin; 0.7 mg vitamin B6; 1.4 mcg vitamin B12; 2.5 mg iron; 30.0 mcg selenium; 5.1 mg zinc; 126.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium, zinc and choline; and a good source of iron.