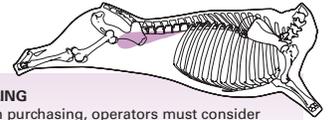




TENDERLOIN

- GRILLING
- OVEN ROASTING
- ROTISSERIE



	<p>COMMON NAMES: Chateaubriand</p> <p>MUSCLE COMPOSITION: Consists of the <i>Psoas major</i>, <i>Psoas minor</i>, <i>Iliacus</i>. A deposit of fat near the head of the tender loin is known as wedge fat. The small ribbon of meat and connective tissue often referred to as side muscle or chain is the <i>Psoas minor</i>. The tenderloin is also enveloped with silver skin (thin connective tissue).</p> <p>WEIGHT RANGE: 3 – 6 lb / 1.4 – 2.7 kg (weight range varies on the amount of trimming)</p>	<p>CHARACTERISTICS</p> <ul style="list-style-type: none"> Removed from the long loin in one piece (including the side seam) Minimal marbling Trimmed fat not to exceed 1/2" (12 mm) at any one point and tapers down to the silverskin (the membranous tissue covering the main body) Trim continues 2/3 of the way down the length of the tenderloin (as measured from the butt end) Trim ragged edges Scores (knife cuts) exceeding 1/2" (12 mm) in depth are unacceptable 	<p>HANDLING</p> <ul style="list-style-type: none"> When purchasing, operators must consider whether staff has skill level to effectively trim and cut the product Ensure there is a food safe and cost effective way of dealing with the generated trim Decide if labor to trim is better utilized in other aspects of the operation Determine whether the menu price justifies using expensive tenderloin trim This cut is extremely lean so cooking requires care and attention Low degree of marbling means cut can quickly dry out if overcooked If roasted whole, cut is usually seared, then slowly roasted Remember, roast will continue to cook after it has been removed from the oven, so cook until internal temperature is 5 – 10° F (3 – 6°C) below desired doneness. This allows the internal temperature to rise to the desired doneness and the moisture to work back into the tissue Cut is a higher cost product and proper trimming and portioning is critical to maintain profit margin and presentation
<p>189</p> <p>TENDERLOIN</p>			

CLASSIC CUTS					
					
<p>189</p> <p>TENDERLOIN REGULAR TRIM</p>	<p>TENDERLOIN SPECIAL TRIM (WEDGE FAT IN)</p>	<p>190</p> <p>TENDERLOIN SPECIAL TRIM (WEDGE FAT OUT)</p>	<p>190A</p> <p>TENDERLOIN PEELED SIDE MUSCLE ON (PSMO)</p>	<p>191A</p> <p>BUTT TENDERLOIN</p>	<p>1190A</p> <p>TENDERLOIN STEAKS</p>
<p>Not less than 1" (25 mm) at its narrowest diameter exclusive of fat, side muscle on, wedge fat in, surface fat on.</p>	<p>Side muscle on, wedge fat in, surface fat removed.</p>	<p>Side muscle off, wedge fat out, defatted.</p>	<p>Side muscle on, wedge fat removed, silverskin removed, all ragged edges removed.</p>	<p>The butt tender consisting of the sirloin portion (head) of the tenderloin, all surface fat and wedge fat removed.</p>	<p>Tenderloin steaks, side muscle off, silverskin removed.</p>

CUTTING		
		
<p>1. Remove tenderloin from bag.</p>	<p>2. Remove wedge fat and any loose fat from outside of tenderloin.</p>	<p>3. Remove side seam. This should be pulled from the tip to the head.</p>
		
<p>6. Remove silverskin by carefully working knife under and cutting in a lifting motion while pulling back on the silverskin. Remove from the tip to the head.</p>	<p>5. Make sure you work in between the seams at the head of the tenderloin to remove any silverskin.</p>	<p>6. The tenderloin can be roasted whole and carved or cut into its basic components: chateaubriand, tournedos, fillet mignon, tenderloin tips or completely steaked.</p>



Prosciutto-Wrapped Beef Tenderloin with Chianti Tomato Sauce

Ingredients

3 x 2 1/4 lb to taste	3 x 1 kg	tenderloin roasts
24 slices		black pepper, freshly cracked
1/3 cup	80 mL	prosciutto, sliced paper thin
6		olive oil
3		shallots, finely chopped
3 cups	750 mL	garlic cloves, finely chopped
5 cups	1.25 mL	Chianti red wine
pinch		tomato sauce
3/4 cup to taste	190 mL	sugar
		fresh basil, chopped
		salt

Method

1. Lay 8 slices of the prosciutto, slightly overlapping them, on a work surface. Season beef with pepper (the prosciutto will add the salt), and then set in the middle of the prosciutto slices. Wrap the slices around the beef. Repeat with remaining prosciutto slices and beef roasts.
2. Place the beef on a parchment-lined baking sheet or roasting pan. Roast in a preheated 425° F (220° C) oven 30 minutes. This will cook it medium rare.
3. Make sauce by heating the oil in a medium saucepan over medium heat. Add the shallots and garlic and cook until tender, about 5 minutes. Add the wine, increase heat to medium high, and cook until the wine has reduced to 1 cup. Add the tomato sauce and sugar, reduce heat to medium-low, and simmer 10–15 minutes.

4. When the beef is cooked, rest 5–10 minutes. Finish sauce by stirring in the basil and salt and pepper to taste.
5. Slice the beef into 20, 1" (2.5 cm) thick slices. Serve 2 slices per portion on a generous pool of the sauce.

Created by Eric Akis

Recipe serves 10

Tips

Do not wrap the beef tenderloin in the prosciutto too long before cooking it or the salt in the cured ham will draw out moisture from the meat and toughen it. The sauce can be made in advance and reheated. Serve the beef with pasta or risotto and a steamed green vegetable such as asparagus.

