

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Anybody can make it

A tenderloin roast is the perfect way to make it appear as if you're a roasting pro. Just follow the step-by-step instructions in the Roast Perfect app.

Naturally the best

What comes to mind when cooking tenderloin? Some people say, "Oh sure, it's tender, but it just doesn't have as much flavor."

Well, guess what. At the end of the day, tenderloin, and its steaked-out offspring, filet mignon, are still unbelievable. So if you're looking for a roast, particularly heading into the holidays

for large family gatherings (or small ones with large appetites), and you're worried your roasting skills aren't up to snuff, think about a tenderloin.

For us, tenderloin gets the "anybody" seal of approval. Given that it's naturally the most tender cut of beef there is, it's downright hard to mess up. Anybody can do it!

Some roast cuts can be a bit more unforgiving if not cooked properly. The tenderloin, though — that's like having Bo Jackson in your backfield in a game of Tecmo Bowl. It's the LeBron James of beef. It's William Shakespeare walking in on open mic night.

More clearly stated: If you're going to make it, it's going to be good.



Herbed Tenderloin Roast

Ingredients:

- 1 (5-lb.) CAB® peeled tenderloin
- 1 Tbs. dried oregano leaves
- 1 Tbs. dried thyme
- 1 Tbs. crushed dried rosemary
- 2 tsp. coarse kosher salt
- 1 tsp. coarsely ground black pepper
- 2 tsp. dry mustard

Instructions:

1. Preheat oven to 450° F.
2. Combine herbs, salt, pepper and dry mustard in a small bowl. Place tenderloin on rack in shallow roasting pan; rub seasonings evenly onto beef.
3. Roast for 15 minutes; reduce heat to 325° and roast approximately 1 hour for medium doneness (135°-140° on thermometer).
4. Remove from oven, tent loosely with foil and rest 15 minutes before carving.

