

Beef Tenderloin

This forms the base for the beef and crab cake dish from S.N.O.B. The original recipe does not use a marinade, but I added my favorite beef marinade to this recipe. I use Mushroom soy to darken beef and beef gravy dishes.



I also changed the original recipe from using a grill to a cast iron skillet and oven technique to provide more control of the timing. Be careful with the handle of the pan after it comes out of the oven. Leave a towel draped over it until it is safe to touch.

Ingredients:

- Eight 4-6 oz., thick cut, beef tenderloin
- 1/2 tsp. liquid smoke
- 1/2 tsp. toasted sesame oil
- 1 tsp. Worcestershire sauce
- 1 tsp. Mushroom soy sauce
- 1 Tbsp. vegetable oil

Equipment:

- 1 gallon Ziploc bag
- Cast iron skillet
- Temperature probe
- Hot pad mitts

Beef Tenderloin:

<input checked="" type="checkbox"/>	Directions	Time (min)
	Preheat oven to 300 degrees	10
	In a small bowl, combine 1/2 tsp. liquid smoke, 1/2 tsp. toasted sesame oil, 1 tsp. Worcestershire sauce, and 1 tsp. mushroom soy sauce to make a marinade	1
	Put the pieces of tenderloin in a large Ziploc bag and add the marinade. Allow to warm to room temperature.	15
	Add 1 Tbsp. oil to a large cast iron pan and heat until the oil begins to smoke.	5
	Brown beef quickly on both sides.	5
	Insert temperature probe into one of the steaks	1
	Transfer pan with steaks into the oven	1
	Monitor internal temperature of the beef. Remove from the oven when it gets to 120 degrees	15
	Allow beef to rest	5
	Total	58 min