



Tenderloin Chart

For Medium Rare

Season meat and put in pan on the counter until room temperature. Preheat oven to 500 degrees and then put meat in the oven for 30 minutes, then pull, put on the counter for 10 minutes, slice and serve.

For Medium

Follow the same preparation procedure but increase the cooking time to 35 minutes.

Beef Tenderloin, whole	4 to 6 lbs	500°/350F	30 to 35 minutes total
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