

BEEF TENDERLOIN

DIRECTIONS

Get your tenderloin to room temperature by rubbing it down on both sides with vegetable or canola oil. Then deeply rub in a good steak seasoning or simply use salt, pepper and garlic powder. I like lots of spice. Have fun with it.

Preheat your oven to 425 while you get out your largest iron skillet (a Dutch oven works fine).

In the skillet, I add another tablespoon of oil and get the skillet hot. Then I place the meat in the skillet to sear for 3-5 minutes on each side. Once the meat is seared, place it in a hot oven for 20-25 minutes. Let it rest for 15 minutes to keep the juices inside before cutting.

Keep in mind that the internal temperature will continue to rise about 5 to 7 degrees after being removed from the oven.

Cooking Guide

RARE

115°F – 120°F

MEDIUM RARE

120°F – 125°F

MEDIUM

130°F – 135°F

HORSERADISH SAUCE

Fresh horseradish can be found in the seafood section of your grocery store.

Mix as much as you like with sour cream. I find that 3-4 tablespoons to 1 cup is a perfect ratio for most people.

BLUE CHEESE SAUCE

½ Blue cheese crumble container with 1-2 cups sour cream. Again this is to your taste and number of guests. I use half the container of cheese, and mix it with my mixer until the blue cheese is whipped into the sour cream.

Pastor Allen Jackson is my wonderful brother-n-love of almost 30 years. He has an unwavering Easter heart, and he shares that belief with me and the thousands of people he has encountered throughout his life. The many family meals centered around Jesus and Allen's tenderloin have been a joy and a strength for me throughout the decades that we've been family.

When my boys were teenagers, they wanted hearty food, so I learned how to make Pastor Allen's beef tenderloin. I admit, his is better than mine (he uses a smoker and some liquid smoke while I cook mine in the oven). Nevertheless, my guys often said, "Mom, can we make Uncle Allen's steak for dinner tonight?"

Do your best with whatever you have on hand. Recipes are to be passed along as reminders of adored family members.

For a large crowd, I buy my beef tenderloin trimmed from Sam's Club. For a smaller group, I cut and freeze half. I take a sharp knife and remove any and all fat (unless your butcher will do that for you.)