

Saslove's Meat Market
50 Byward Market Square
(613) 241-9266

BEEF TENDERLOIN



Cooking Directions

1. Bring the roast to room temperature and season.
2. Preheat the oven to 425°F.
3. Heat olive oil in a skillet on medium-high, then sear roast for about 2 minutes on each side until fully browned.
4. Roast at 425°F for 15 minutes.
5. Cover loosely with foil and let it rest for 15 minutes.

Medium Rare Temperature Reading: 120°F

Seasoning Suggestions

- Garlic
- Black Pepper
- Rosemary
- Horseradish

Wine Pairings

- Cabernet Sauvignon
- Bordeaux
- Merlot
- Syrah

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