

## Pan Seared Tenderloin with Chimichurri



### Pan Seared Tenderloin

- 2 Tbsp. oil or butter for sautéing
  - Trimmed tenderloin cut to 4-8oz.
    - Optional 1 Tbsp. of coarse ground black pepper
1. Preheat oven to 350 degrees.
  2. Place a cast iron or stainless-steel skillet on cooktop with medium heat.
  3. Season each side of the tenderloin with salt and optional coarse ground black pepper.
  4. After the skillet is heated, add oil or butter.
  5. When the oil or butter is hot, add the tenderloin and sear for about 2 ½ minutes on each side. Initially the steak will stick to the skillet but as the sear develops you will be able to move the steak.
  6. Remove skillet from the cooktop and place it in the oven. 10 minutes for a 4 oz. steak, 14 minutes for an 8oz. steaks. Consider purchasing a wireless thermometer (I like the Meater Plus) so that you can monitor the internal temperature of the steak. You may also use any kind of food thermometer or finger test to check the doneness of meat.

Rare	120-125 Fahrenheit
Medium Rare	130-135 Fahrenheit
Medium	140-145 Fahrenheit
Medium-Well	150-155 Fahrenheit
Well Done	160 Fahrenheit

### Chimichurri Recipe

- 1 Cup of Hot Water
  - 1 Tbsp. BS of Kosher Salt
  - 1 Head of Garlic, Minced
  - ¾ Cup of Finely Chopped Italian Parsley
  - ¾ Cup of Finely Chopped Fresh Mint
  - ¾ Cup of Finely Chopped Fresh Oregano
  - ¼ Cup Red Wine Vinegar
  - ½ Cup of Extra Virgin Olive Oil
  - 2 Tsp of Crushed Red Pepper Flakes
1. Mix water and salt in a cup & set aside.
  2. Mince garlic and place in the bowl
  3. Finely chop parsley, mint and oregano and place in a bowl
  4. Add the red pepper flakes, olive oil, vinegar and to the water and salt mixture.
  5. Stir together.
  6. Cover and place in refrigerator for at least 4 hours.
  7. This recipe makes approximately 2.5 cups of Chimichurri which can be divided into 20, two tablespoon servings. which equals to 20, two tablespoon servings. I like to buy small 4 oz. Ziploc food containers and freeze the leftover Chimichurri for up to a year.

### Plating

1. Place the tenderloin on a plate with your favorite side dishes and place 1-2 Tbsp. of Chimichurri on top.