Beef Tenderloin – On your Big Green Egg

The total beef experience as I imagine it involves Beef Tenderloin and the Big Green Egg. Try this recipe for yourself aqnd be the judge

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

##### **Yield:** 1 Beef Tenderloin – not trimmed or cleaned – Approx weight 7.5 pounds

##### **Prep time:** 20 Minutes Prep, Including trimming and seasoning

##### **Cook time:** 1 - 1 ½ hours of cook time, plus 10 minute rest time

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 7.5 lb **Tenderloin of Beef, Choice Grade not trimmed or cleaned**

### As Needed **Oil, Canolive (canola / olive blend)**

### Taste **Rub a Dub, 5280 Culinary**

### Taste **Prime Rib Rub a Dub, 5280 Culinary**

# Horsey Sauce Ingredients

### *Measure* ***Ingredient Prep Notes***

### 2 Cups **Sour Cream**

### 4 oz wt **Horseradish, Extra Hot fresh not prepared sauce**

### 1 Tbsp **Garlic, Fresh, Paste**

### 1.5 Tbsp **Worcestershire Sauce**

### 1 Tbsp **Hot Sauce – Cayenne Pepper Sauce**

### 1 Cup **Pecorino Cheese Grated**

### Taste **Rub a Dub, 5280 Culinary**

### ¼ Cup **Parsley, Italian, Chopped**

### ½ Cup **Green onion, sliced thin**

# Horsey Sauce Directions:

**Preparation:**

* Place all ingredients into a medium sized mixing bowl
* Mix using a rubber scraper
* Cover and keep refrigerated until use
* Serve on the side with Grilled Tenderloin, Steaks or Prime Rib

# Beef Tenderloin Directions:

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| **Preparation:*** Remove from the cryo-vac package, pat dry with paper towel and place onto a cutting board
* Carefully separate the layer of silverskin from the top of the tenderloin and down into the front chain
* Remove the chain by cutting along the barrel of the tenderloin and into the head of the tenderloin
* Next trim off the second layer of silverskin being careful not to remove any of the meat
* Next flip the tenderloin over and trim off any of the “feathers” or connective tissue
* Next lightly oil with the Canolive oil
* Now season as light or as heavy as you prefer, on all sides with our Prime Rib Rub-a-Dub or Standard Rub-A-Dub or a 50/50 blend of both.
* Allow the rub to sit on the tenderloin for 20 minutes while you prepare the egg for direct cooking

**WHEN READY TO COOK THE PRIME RIB*** Pre Heat your Big Green Egg to 350 degrees, with the fire started more towards the back of the egg and load with your preferred smoking wood chunks (Layer in the wood chunks to create an even sustained smoke flavor)
* Adjust bottom and top vents to maintain temp at 350 Degrees
* Place the tenderloin over the heat/flame and sear for 5-7 minutes on all sides
* Once all sides are seared move the tenderloin towards the front of the egg for some indirect searing and cooking
* Close the lid and cook at 350 degrees until the3 internal temp hits 125 degrees
* \*\*\* You can move the tenderloin around the grill as needed to get more or less crust/char/sear
* Remove from the Big Green Egg at 125 degrees to allow for resting and carry over.
* CHEF TIP: I remove my prime rib about 5-7 degrees before my desired temp, this allows carry over and resting
* Slice and enjoy with our Au Jus or Horsey Sauce
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# Grills / Grill Gear Used:

* Big Green Egg, Large **Available at participating locations**
* Thermometer, Digital, Instant Read **Ace SKU – 6108419**
* Kingsford extra tough Grill Pan **Ace SKU – 8463135**

# Shopping List (Products Used):

* Rub A Dub, 5280 Culinary **Ace SKU – 8562050**
* Prime Rib Rub A Dub, 5280 Culinary **Ace SKU – 8562035**