

THE MARKET

SUMMERFIELD FARMS

THE PERFECT TENDERLOIN

INGREDIENTS

4 Summerfield Farms Tenderloin steaks
2 tablespoons olive oil
2 tablespoons fine sea salt
2 tablespoons coarsely cracked black peppercorns
4 tablespoons Homeland Creamery butter, at room temperature

DIRECTIONS

Preheat the oven to 400 degrees.

Heat a large cast-iron skillet over high heat for 5 to 7 minutes.

Using paper towels, pat the steaks dry. Brush the filets lightly all over with the oil. Combine the sea salt and cracked pepper on a plate and roll the steaks on all sides in the mixture, pressing lightly to help the salt and pepper adhere. The steaks should be evenly coated with the salt and pepper.

When the pan is extremely hot, add the steaks and sear evenly on all sides (top, bottom, and sides) for about 2 minutes per side. (Be sure the cooking area is well ventilated.) You'll probably need about 3 turns to sear the sides and about 10 minutes total.

Remove the pan from the heat and arrange all the steaks in the skillet. Top each with a tablespoon of butter, then place the skillet in the oven. Cook the tenderloin steaks for 8 to 12 minutes to 120 degrees for rare and 125 degrees for medium-rare. Remove the steaks to a platter, cover tightly with aluminum foil, and allow to rest for 5 to 10 minutes.