

STUFFED WHOLE BEEF TENDERLOIN

Prep time: 30 mins | Bake Time: 2 hours | Servings: 8-10

INGREDIENTS:

- 1 whole Beef Tenderloin (about 5 lbs, trimmed of silver skin and butterflied)

For the Filling:

- 6 whole bulbs Garlic
- Olive Oil
- 2 tablespoons SOFT butter
- 3 tablespoons Butter
- ¼ cup finely chopped Shallots or Red Onion
- 10 oz Mushrooms, cleaned and chopped
- 3 large handfuls fresh Spinach/Arugula Mix, chopped
- ½ cup grated Parmesan Cheese
- ½ tsp crushed Red Pepper Flakes
- 1 tablespoon dried parsley
- Kosher Salt
- Fresh Ground Black Pepper

DIRECTIONS:

- **To make the Roasted Garlic Spread:** Preheat the oven to 400 F. Remove the outer papery layers from the whole garlic bulb, leaving the skins in tact and cloves attached.
- Using a sharp knife, lob off the top of the garlic bulb - about ¼ to ½ inch off the top, so that all the cloves are exposed. Drizzle with Olive Oil.
- Wrap individual bulbs in tinfoil and place each of the bulbs in muffin tins - or on a baking sheet. They just fit so nicely into muffin cups :)
- Roast for 40 to 60 mins or until the cloves are butter soft. The roasted garlic is done when the cloves are very soft and a dark caramelized colour.
- Squeeze the cloves of roasted garlic out into a small bowl and mash with a fork to form a butter like consistency. Add about 2 tablespoons of softened butter and combine well.



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- **To make the filling:** Melt butter in a skillet over medium heat. Add shallots/red onion and cook until softened. Add in mushrooms and cook, stirring occasionally, until well browned and caramelized. Stir in red pepper flakes, parsley, kosher salt and pepper. Cook for a few minutes until well combined. Add in chopped spinach/arugula mix and stir until just wilted.
- **Butterfly the Beef Tenderloin:** First, lay the meat flat on the cutting board. Take a sharp knife and make short, smooth strokes down the middle of the loin. Avoid sawing motions or cutting the meat so that one side is thicker than the other. You want both sides to be the same thickness so that they cook evenly. Cut almost all the way through the meat, but STOP BEFORE severing the two halves completely. You can now open the meat so you have two halves that resemble a butterfly spreading its wings. You can make tiny slices in the halves of meat to make it more flat as you will be rolling it. It should be nice and flat. For the ease of rolling it once stuffed, you can cut the tenderloin into two halves. This will make it easier to roll later.
- **Preparing the Tenderloin with the filling:** Lay butterflied tenderloin opened flat. Season generously with salt and pepper. Spread the roasted garlic butter over the entire surface. Then spread the filling out, leaving about 1/2 an inch edge with no stuffing. Sprinkle with Parmesan Cheese. Roll up tightly into a cylinder and tie shut with butcher twine at 1-inch intervals. Season outside of beef generously with salt and pepper. Let rest for about 30 minutes before placing in the oven.
- Bake stuffed tenderloin in 275 F oven until internal temperature reads 130 F (this would be considered medium-rare but you will be putting them on the grill to sear them once removed from the oven so this will bring the internal temp up to about 145 F (medium well). However you like to eat your steak, base your cooking times on this.
- Heat the grill to direct medium high. Sear whole tenderloins on all sides. Transfer to a cutting board and allow to rest for 15 minutes.
- Remove twine and cut into 1-1 1/2" slices.



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