

GRILLED TENDERLOIN STEAK

Yield 100

Portion 1 Steak

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
436 cal	0 g	38 g	30 g	129 mg	88 mg	12 mg

Ingredient

BEEF,TENDERLOIN,RAW

Weight

44 lbs

Measure**Issue****Method**

- 1 Use thawed beef tenderloin. Trim excess fat to 1/4-inch and slice tenderloins into 6 ounce steaks, about 3/4 inch thick. Grill on 400 F. griddle for 3 to 6 minutes for rare, 4 to 7 minutes for medium and 5 to 9 minutes for well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 The narrow tail section may be butterflied or flattened to produce steaks of more uniform thickness. The cooking time varies due to size variations of tenderloins.