

CAJUN ROAST TENDERLOIN OF BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	1 g	34 g	16 g	104 mg	216 mg	18 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	
PEPPER,RED,CRUSHED	1/3 oz	1/4 cup	
PEPPER,WHITE,GROUND	2/3 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
ONION POWDER	5/8 oz	2-2/3 tbsp	
THYME,GROUND	3/8 oz	2-2/3 tbsp	
BASIL,DRIED,CRUSHED	3/8 oz	2-2/3 tbsp	
OREGANO,CRUSHED	3/8 oz	2-2/3 tbsp	
BEEF,TENDERLOIN,RAW	36 lbs		

Method

- 1 Combine salt, garlic powder, red pepper, white pepper, black pepper, onion powder, thyme, basil and oregano. Mix until well blended.
- 2 Trim excess fat and silverskin membrane from the roasts. Place in pans without crowding.
- 3 Sprinkle cajun spice mixture evenly over entire roast. Fold thin end under to make roast an even thickness throughout. Be sure entire surface of tenderloin is covered with spice mixture.
- 4 Insert meat thermometer in the thickest end of roast.
- 5 Using a convection oven, roast at 375 F. for 45 minutes, depending on size of roast. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Let stand in a warm place 15 minutes before slicing.
- 6 Cut 8 slice per pound. CCP: Hold at 140 F. or higher for service.

Notes

- 1 Arrange tenderloins in pans according to size. Allow 9 to 10 minutes per pound.