



THE MEAT HOUSE: 60+ Minute Recipe

Your Neighborhood Butcher

GORGONZOLA STUFFED BEEF TENDERLOIN WITH BABY SPINACH

Yields: 4 Servings

- 1 whole butt beef tenderloin, ask one of our butchers to trim it for you
- Kosher salt, fresh ground black pepper
- Dried thyme and/or tarragon to taste
- Extra virgin olive oil
- 3 oz. gorgonzola cheese
- 1 package baby spinach
- 2 tablespoons butter

Instructions

Preheat the oven to 450 degrees. Wash the baby spinach in a colander and pat dry with paper towels. Set aside for later. Slice the tenderloin open lengthwise in middle to create a pocket. Do not cut completely through the meat. Using your hands, rub the entire roast – inside and out – with olive oil. Liberally season the roast – inside and out – with kosher salt and pepper. Pre-heat your grill pan on the stove top using high heat. Using tongs to hold the roast, sear all sides of the meat in the grill pan over high heat. Turning the meat frequently, sear all sides for 5 – 8 minutes total. Remove the meat from the pan and loosely cover with foil. Allow the meat to rest for 15 minutes. After resting, stuff the open pocket with the crumbled gorgonzola cheese. Gently tie the stuffed tenderloin closed with butchers twine. Re-season the roast with salt and pepper, adding the herbs to the mix. Return the tied and seasoned meat to the grill pan, place into the oven and cook until it reaches an internal temperature between 120 and 125 degrees, approximately 20 minutes. Remove from the oven, wrap in aluminum foil and allow to rest 15 minutes. The meat will cook as it rests and should end up medium rare. While the meat rests, add the butter to the grill pan on medium heat. Add the spinach and stir constantly to wilt the spinach. Place $\frac{1}{4}$ of the warm spinach in the center of each plate. Carve the tenderloin as thick as you please, place the tenderloin slices directly on top of the wilted baby spinach.



Options

- Consider different cheese and herb options to mix it up a bit.
- Sharp cheddar and oregano would be classic.
- Instead of wilting spinach in the pan, you could use the drippings to make a red wine reduction sauce to spoon over the sliced filet.
- Sauté the spinach in a different pan.
- Try roasting asparagus with this dish.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com