

# Seared Beef Tenderloin

## ☺☺☺ RE-HEATING GUIDE

*Thank you for choosing McEwan Catering! We're thrilled to be part of your holiday celebration and want to ensure your meal is enjoyed at its absolute best.*

### Important Notes Before Reheating:

- Please bring all food to room temperature before reheating.
- Avoid overcrowding your oven during reheating, as this can lower the temperature and affect cooking times.
- Cooking times may vary depending on your oven. For proteins, we recommend using a meat thermometer to ensure proper doneness.

### Seared Beef Tenderloin:

1. Preheat oven to **250°F (120°C)**, convection.
2. Place tenderloin medallions on a tray, **loosely covered**.
3. Heat gently for **10–15 minutes**. **Do not cook past rare–medium rare**.
4. **Internal temperature:** 130°F.
5. Let rest for **5 minutes** before serving.

### Bordelaise Sauce:

Warm separately in a small saucepan on the stovetop over **low heat**.

### Sides:

- **Miso Roasted Maitake:** 350°F, 25–30 minutes
- **Sherry Shallot Jam:** Warm on the stovetop in a small saucepan over low heat
- **Smoked Parsnip Purée:** 350°F, 30 minutes
- **Truffle Fingerlings:** 350°F, 30–35 minutes

A dark blue background with a light blue grid pattern. The corners are decorated with ornate, light blue scrollwork designs. A semi-transparent dark blue circle is positioned behind the text.

*Season's  
greetings!*

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