



# THE ingles TABLE

with Chef Derek St. Romain  
**Cajun Injected Beef Tenderloin**

## Shopping List

- 1-3 lb uncut beef tenderloin

### Injection Marinade

- 2 sticks melted creamery butter
- 2 tsp. garlic salt
- 2 tsp. white pepper
- 2 tsp. black pepper
- 1 tsp. onion powder
- 1/4 cup olive oil
- 1 tsp. Zatarain's Creole Seasoning

### Additional Garnish Options

- melted butter
- fresh basil, chopped
- fresh oregano, chopped
- fresh rosemary, chopped
- garlic, chopped

*\*In a hurry? Use Zatarain's Creole Butter  
Cajun Injector Marinade instead of making  
your own!*

## Cooking Instructions

**1)** Mix all marinade ingredients together and, using a cooking syringe, inject into the tenderloin until plump and evenly full.

**2)** Sprinkle the outside of the tenderloin with a generous amount of Zatarain's Creole Seasoning, at least 3-4 tablespoons.

**3)** In a skillet, slightly brown all sides of the tenderloin and finish in the oven at 375°, to your preferred doneness (see below). I like mine to reach an internal temperature of 130° and then take out of the oven.

**4)** Let sit at least 10 minutes before cutting to let the meat and juices rest.

**5)** Cover in more melted butter and fresh chopped basil, oregano and/or garlic!



Tenderloin Doneness:	Remove From Grill At:	Final Cooked Temperature:
Rare	130 to 135°F	130 to 140°F
Medium Rare	140°F	145°F
Medium	155°F	160°F
Well Done	165°F	170°F

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