

# Mushroom Bleu Cheese Tenderloin

*From Vicki VanNatta and Dee Ann Gerber, Corporate Office*

Dutch Creek Whole Beef Tenderloin – 3 1/2 to 4 lbs

## ***Baking the tenderloin –***

1 1/2 cup low-sodium soy sauce	1 T coarsely ground pepper
3/4 cup Worcestershire sauce	1 10 1/2 oz can condensed
4 garlic cloves, minced	beef broth, undiluted

*In a large resealable plastic bag, combine soy and worcestershire sauces. (Low-sodium soy sauce is recommended for a less salty beef.) Insert beef, seal bag and turn to coat the entire tenderloin. Refrigerate/marinate for 2 hours, turning occasionally. Drain and discard marinade then rub beef with garlic and pepper and place in a shallow roasting pan. Add broth to pan. Bake uncovered at 425° for 45-55 minutes until meat reaches desired doneness. Meat*



*continued...*

*thermometer should read 145° for medium rare, 160° for medium and 170° for well-done. Let meat stand for 10 minutes before slicing. After slicing, serve the tenderloin with following mushroom-cheese sauce.*

***Mushroom Cheese Sauce –***

<i>1/2 cup butter, cubed</i>	<i>1 T Worcestershire sauce</i>
<i>1/2 lb sliced, fresh mushrooms</i>	<i>1/4 t caraway seeds</i>
<i>2 garlic cloves, minced</i>	<i>4 green onions, chopped</i>
<i>1 cup (4 oz) crumbled bleu cheese</i>	

*While the meat is baking, melt butter in a small saucepan. Add mushrooms and garlic; saute until tender. Add bleu cheese, worcestershire sauce and caraway seeds. Cook and stir over low heat until cheese is melted. Stir in onions; heat through. Serve sauce over beef tenderloin and enjoy.*