

Tenderloin in Puff Pastry

- 1 ea 8 oz Tenderloin
- ½ oz Blue Cheese Crumbles
- 1 ea 5"x5" Puff Pastry Sheet
- 1 ea Egg
- 1 Tbs Water



1. Pre heat oven to 400°F.
2. Sear the tenderloin on a grill (inside or out).
3. Place the blue cheese crumbles on top then wrap with the pastry sheet.
4. Mix the egg and water and apply lightly to the pastry.
5. Bake in the oven until golden, about 20 minutes.

When searing the tenderloin you should cook it to rare or medium rare so the steak will come out medium rare to medium after baking it in the oven. Everything can be done earlier in the day or the night before and then finished off right before service. I prefer mine on the rare side so I just sear it quickly and finish it in the oven.

Of course the blue cheese can be replaced with other cheese, grilled mushrooms, crabmeat, asparagus, green chilies or a combination of things. You can also leave it plain. You can then top it off with a nice sauce such as a demi-glase, which is a rich brown sauce, some hollandaise or béarnaise sauce or a rich cream sauce. Any will do quite nicely. If you want to add a little more flavor you can add some type of seasoning such as a blackening seasoning to the steak before searing. That would be great with a green chili cream sauce and the blue cheese. Yum!!!

Be creative, have fun and enjoy!!!