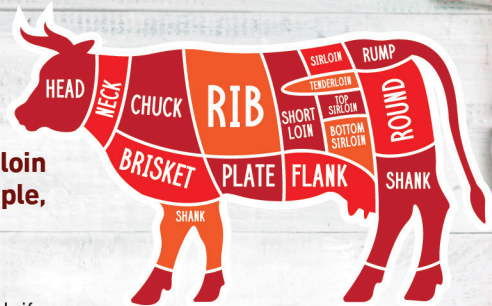


# BREAKING IT DOWN: BEEF TENDERLOIN

**Stretch a dollar further—learn how to turn a single tenderloin into delicious filets, roasts, ribeye cuts, and more! It is simple, satisfying, and seriously smart.**

## INSTRUCTIONS:

1. Begin by removing all excess fat. This should be easy to pull off using your hands or a sharp knife.
2. Orient the tenderloin on the cutting board so the thinner end (tip end), is on the left, and the thicker end, (butt end), is on the right.
3. The chain is a thin strip of meat that is attached to the side of the tenderloin. Remove this but do not throw it out, this cut is perfect for stroganoff if cut into small pieces.
4. Next, remove the silverskin. This silverskin is the white shimmery layer of connective tissue that runs along the tenderloin. To do this, pull up a little edge of the skin on the tail end of the tenderloin and run a knife at an upward angle to separate it from the meat.
5. Now the tenderloin is ready to be cut into usable cuts. There are many ways a tenderloin can be broken down:
  - The tenderloin can be cut into 1 roast with a few steaks. Begin by cutting 3-4 2" steaks from both the tail end and the butt end. This should leave one 6-8" center cut roast.
  - The tenderloin can be cut into 1 ½" or 2" steaks without any roasts. The average beef tenderloin is 28" long, which would yield approximately 15 - 20 filets.
  - Looking for something besides a roast or steak? Cutting steaks into thinner slices (1-1 ½" thick) make great ribeye sandwiches. Cubing the meat into 1 ½" pieces for kababs or cutting into ½" x 3" strips for fajitas are also great family-friendly meal options!



**STEP 1**



**STEPS 2 - 4**



**TIP END**

**BUTT END**



**STEP 5**



**STEAK STYLE**

**SANDWICH STYLE**



**CENTER CUT**



**OR**

