

Recipe of the Week: Disc-It Tenderloin

Ingredients:

- 1 beef tenderloin
- 1 stick of butter
- Garlic pepper seasoning
- Salt and pepper
- Olive oil

Directions:

Season the tenderloin with the garlic pepper seasoning, the salt, and the pepper. The amount will vary depending on the size of the tenderloin and personal tastes.

Melt butter over medium-high heat, and add 1/8 of a cup of olive oil. Make sure the oil and butter is boiling BEFORE you put the tenderloin on the Disc-It.

Sear the tenderloin for about three minutes, and turn a quarter of a turn. Do not flip it over, just turn it over onto its side. Again, sear this side for three minutes and turn it again, searing each side for three minutes.

This recipe is best cooked either rare or medium rare.

And that's it! Remove from the heat, let cool for a few minutes, and enjoy!