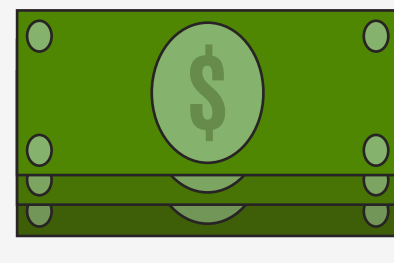


3 STEPS TO TURNING A TENDERLOIN ROAST INTO FILET MIGNON

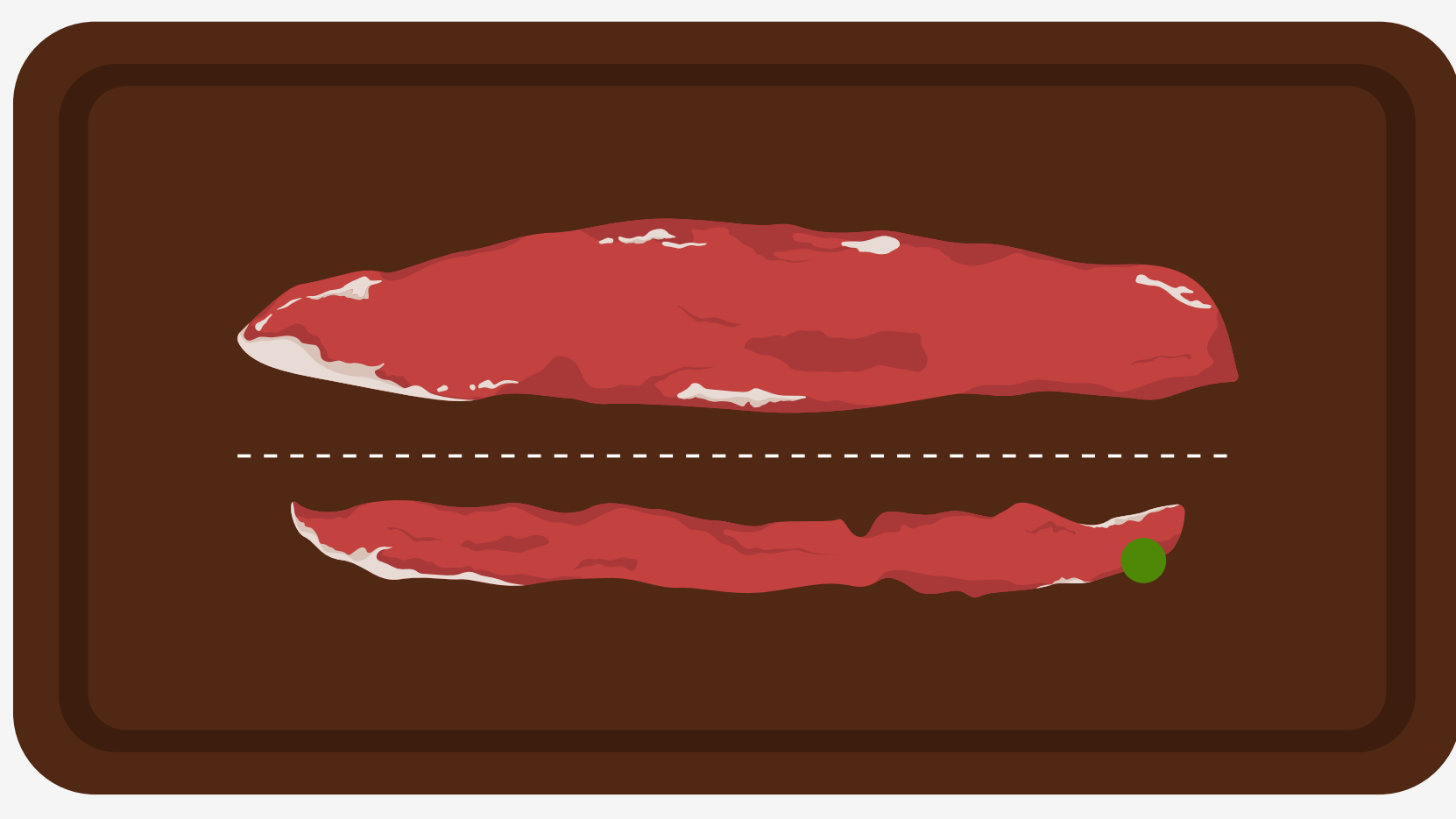
Butchering bulk meat at home easily transforms a simple cut into haute cuisine, saving you money.



Here's a step-by-step-guide for turning tenderloin into filet mignon.

1

- Lay the whole tenderloin roast flat on a cutting board.
- Locate and remove the fat-covered portion (the chain) running along the side of the tenderloin.

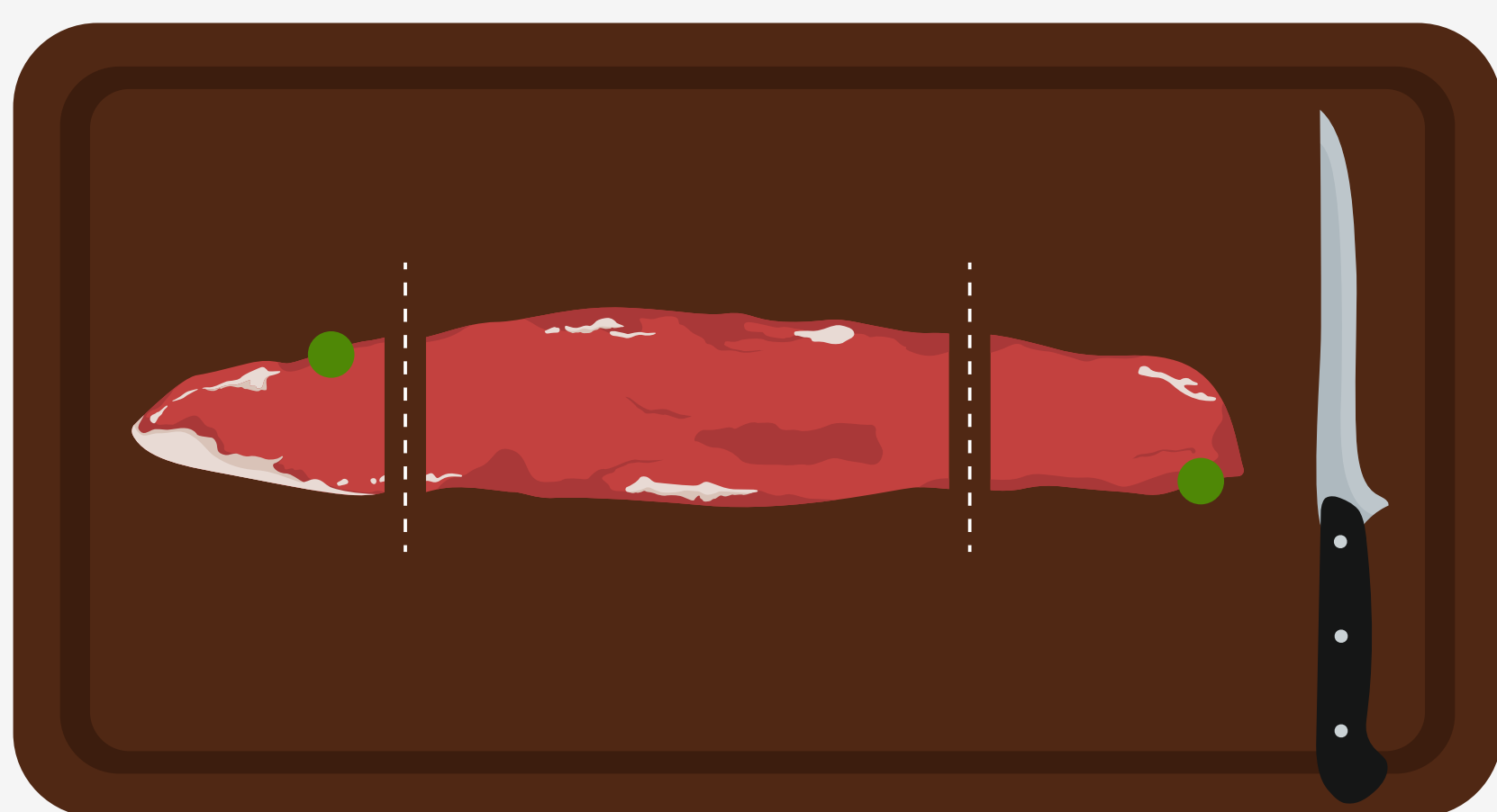


Save the chain to grind later for burgers.



2

- Trim away the tough connective tissue covering the tenderloin, known as silverskin.
- Use a sharp boning or filet knife, being careful to not cut too deep into the meat.
- Once the all silverskin is removed, cut off the end pieces.

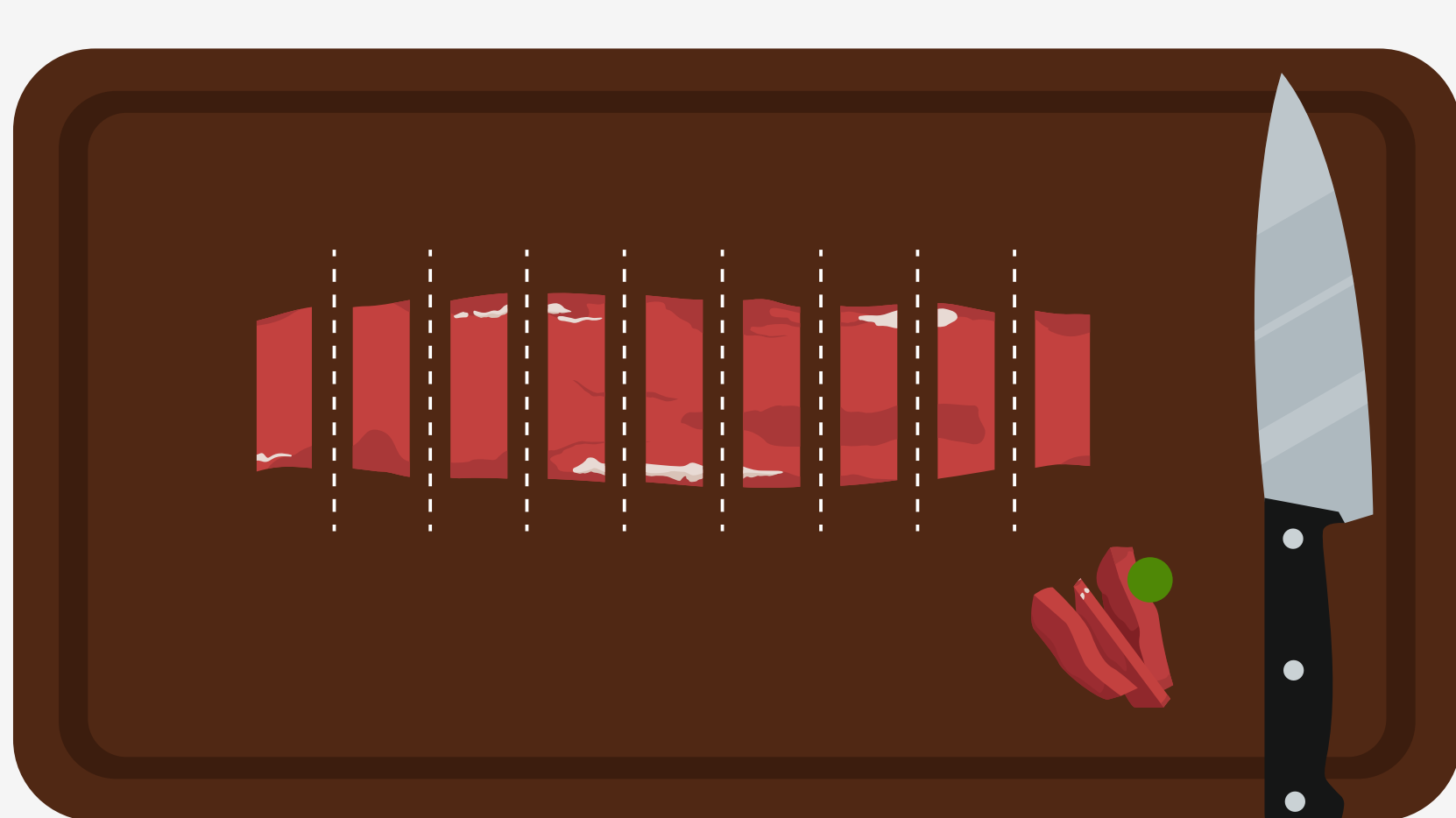


End pieces are great for use in stir fries and a variety of other dishes.



3

- Now you're ready to cut the steaks!
- Using a sharp chef's knife, cut 2 to 2.5" thick steaks.



After the filet mignon steaks are cut, keep any excess meat and use it for other recipes.

