



**Main  
Course**  
**American  
Cuisine**

**Beef Cut:** Petite Tender  
(also known as the Teres Major)

## **Savory Pan-Seared Petite Tender**



Tender, juicy, savory - EASY! Very few ingredients are needed when cooking the petite tender. This recipe adds a few simple flavors and a delicious sear to an already intensely flavored cut. Enjoy with veggies and/or a starch for a complete meal.

*Get Your Petite Tender Here!* Learn more about our premium meats at [PumpkinCreekRanchCO.com](https://PumpkinCreekRanchCO.com)

# Savory Pan-Seared Roasted Petite Tender

## Ingredients

- 1 Pumpkin Creek Ranch Petite Tender
- 1 garlic clove - minced
- 1 1/2 tsp dried marjoram
- 1 tsp salt
- 1 tsp rubbed sage
- 2 Tbsp of butter

## Notes

Internal temp is more important than cooking time. After 15 minutes of cooking in the oven, begin checking the temperature with a meat thermometer. Usually, 135 degrees is reached between the 15 to 20-minute mark. After resting, this cut will be Medium-Rare to slightly Medium.

## Equipment

- Cast Iron Skillet
- Oven
- Tongs
- Mixing Bowl
- Measuring Spoons
- Shallow Roasting Pan with Wire Rack Insert
- Meat Thermometer

## Instructions

1. Preheat the oven to 350 degrees
2. In a small bowl, combine garlic, marjoram, salt, and sage
3. Pat the petite tender dry with a paper towel and rub with the seasoning mixture
4. Heat the cast iron skillet on high, spread the butter around, and place meat in the hot skillet. Using tongs, turn the meat every 60 seconds until all sides have a nice sear
5. Place meat on wire rack in baking pan and place in oven
6. Cook petite tender for about 15-20 minutes, or until an internal temp of 135 degrees
7. Remove from the oven and transfer meat to a cutting board. Let rest for 10 minutes
8. Slice steak across the grain into 1/2" wide medallions

