



Lomo de Res translates to “beef tenderloin” in Spanish and refers to one of the most tender and sought-after [cuts of beef](#). Located along the rear of the cow’s spine, the tenderloin is prized for its delicate texture and rich flavor.

This cut is particularly celebrated in Latin American and Spanish cuisines. It’s a staple in dishes such as *Lomo Saltado* (a Peruvian stir-fry dish) and hearty steak dinners. If you’re new to cooking with Lomo de Res, it’s essential to understand its versatility—it holds up beautifully to various cooking methods while maintaining its succulent, melt-in-your-mouth quality.

## How to Cook Lomo de Res: Step-by-Step Recipe Guide

Cooking Lomo de Res to perfection doesn’t have to be daunting. Here’s a quick step-by-step guide for a simple yet elegant preparation of grilled Lomo de Res:

### Ingredients:

- 1 ½ lbs Lomo de Res (trimmed tenderloin)
- 2 tbsp olive oil
- 4 garlic cloves (minced)
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- Salt and black pepper to taste

### Instructions:

1. **Prepare the marinade:** Combine olive oil, minced garlic, rosemary, thyme, salt, and pepper in a bowl.
2. **Marinate the beef:** Rub the herb mixture all over the beef cut and refrigerate for at least 2 hours (or overnight for enhanced flavors).
3. **Preheat the grill:** Heat your grill to medium-high.
4. **Cook the beef:** Sear the beef on all sides for 2-3 minutes per side or until a crust forms. Lower the heat and continue grilling for 10-12 minutes until the internal temperature reaches 135°F (medium-rare).
5. **Rest and slice:** Remove the beef from the grill, cover loosely with foil, and rest for 10 minutes before slicing thinly against the grain. Serve with your favorite side dishes or sauces.



## Essential Lomo de Res Ingredients

To prepare a delicious lomo de res, you'll need the following ingredients:

1. **Beef tenderloin** (lomo de res): Choose a high-quality cut of around 2-3 pounds.
2. **Olive oil**: For coating the beef and enhancing flavor.
3. **Garlic cloves**: Minced for marinade or rub.
4. **Fresh herbs** (rosemary or thyme): To infuse aromatic flavors.
5. **Salt and pepper**: For seasoning to taste.
6. **Citrus or vinegar**: Optional, to add a hint of acidity and balance.
7. **Butter**: For basting, ensuring the beef stays tender and flavorful while cooking.

These ingredients combine harmoniously to create a rich and flavorful dish. Make sure to adjust seasoning or add extra spices based on your personal preferences!

## Exploring the Lomo de Res COYA: A Unique Dining Experience

COYA's Lomo de Res offers a luxurious twist on traditional beef dishes, blending Peruvian flavors with modern culinary techniques. Here's what makes this dining experience truly unique:

### Exceptional Ingredients

- **Prime Cuts of Beef**: Only the finest quality beef is selected for tenderness and flavor.
- **Peruvian Spices and Marinades**: Infused with authentic spices that highlight the rich heritage of Peruvian cuisine.
- **Handpicked Accompaniments**: A thoughtful selection of sides and garnishes elevates the dish to a new level.

### Artful Presentation

- **Attention to Detail**: Each plate is crafted with care, ensuring a visual feast before the first bite.
- **Vibrant Colors**: Reflecting the vibrancy of Peruvian culture, every dish bursts with color and artistry.



## Fusion of Flavors

- **Smoky and Savory Notes:** Enhanced with grilling techniques to create a perfect char and depth of flavor.
- **Bold Pairings:** Ingredients like citrus, fresh herbs, and traditional sauces bring complexity to the palate.

## Experience Beyond the Plate

- **Atmosphere:** The COYA dining ambiance combines elegance and comfort with a nod to Peruvian heritage.
- **Culinary Storytelling:** A narrative of culture and flavor is delivered with each serving of Lomo de Res.

Dining on the Lomo de Res at COYA is more than a meal—it's an immersive experience that captivates the senses and celebrates the spirit of Peru through its dynamic flavors and creative presentation.

## Lomo de Res Recipe Variations

Want to experiment with Lomo de Res? Here are some creative takes to try at home:

- **Lomo Saltado:** Stir-fry thin strips of tenderloin with onions, tomatoes, a splash of soy sauce, and vinegar for a Peruvian classic.
- **Beef Carpaccio:** Thinly slice raw Lomo de Res and garnish with olive oil, lemon juice, Parmesan shavings, and capers for a light, elegant appetizer.
- **Stuffed Tenderloin:** Butterfly the beef tenderloin, stuff it with a mixture of spinach, goat cheese, and sun-dried tomatoes, and roast to perfection.

## Why Lomo de Res from Costco is a Popular Choice Among Shoppers

Costco has become a go-to for Lomo de Res enthusiasts. Their beef tenderloin is renowned for its high quality, fresh packaging, and reasonable pricing. Shoppers love the bulk option, which often allows them to save costs on premium cuts while ensuring they have enough meat on hand for multiple meals or large gatherings.



## The Best Cooking Methods for Lomo de Res

Lomo de Res adapts beautifully to various cooking methods. Here are a few techniques to try based on your preferences:

- **Grilling:** Perfect for a smoky charred flavor.
- **Roasting:** Ideal for preserving tenderness at larger dinner parties.
- **Sous Vide:** A foolproof way to get evenly cooked beef—perfect for beginners.
- **Pan-Searing:** An easy method that produces a flavorful crust.

## Lomo de Res Nutrition Facts

Understanding the nutritional value of Lomo de Res can help you make informed decisions about including it in your diet. Here are the key nutrition facts for this lean and flavorful cut of beef (values may vary slightly depending on preparation methods):

1. **Protein-Rich:** A 3-ounce serving of Lomo de Res contains approximately 25 grams of protein, making it an excellent choice for muscle repair and growth.
2. **Low Fat Content:** With only about 5 to 8 grams of fat per serving, this is a lean cut that's ideal for health-conscious meals.
3. **Rich in Iron:** Lomo de Res provides around 15% of the daily recommended value of iron per serving, which is essential for oxygen transport in the blood.
4. **B Vitamins:** This cut of beef is a great source of B vitamins such as B12, which supports energy production and nerve health.
5. **Minerals:** Contains essential minerals like zinc and selenium, contributing to immune function and overall wellness.

When prepared mindfully, Lomo de Res can be part of a balanced, nutritious diet. Pair it with fresh vegetables or whole grains to create a well-rounded meal.

## Where to Find the Freshest Lomo de Res

To enjoy the best quality, look for fresh Lomo de Res at your local butcher or specialty meat shops. Farmers' markets are another excellent choice for supporting local producers while obtaining pasture-raised or organic options. Always aim for beef with a bright, rich red color, minimal fat, and a clean, fresh aroma.



## Pairing Lomo de Res with Sides and Sauces

Pairings can elevate your Lomo de Res experience to new heights. Consider these options for a well-rounded meal:

- **Sides:** Creamy mashed potatoes, roasted vegetables, or garlic butter asparagus are delicious complements.
- **Sauces:** Add a drizzle of herbed chimichurri, creamy peppercorn sauce, or a red wine reduction for a burst of flavor.
- **Wines:** Red wines like Cabernet Sauvignon or Malbec pair beautifully with the richness of the meat.

## Conclusion

Lomo de Res is a versatile and [flavorful cut of beef](#) that can be the star of any meal. Its rich taste, tender texture, and compatibility with a variety of sides and sauces make it a favorite for special occasions and everyday dining alike. By selecting high-quality cuts, preparing it with care, and pairing it thoughtfully, you can create unforgettable dining experiences. Whether enjoyed grilled, seared, or roasted, Lomo de Res brings a touch of culinary excellence to your table.

## FAQs

### 1. What is Lomo de Res?

Lomo de Res is a lean and tender cut of beef, often referred to as beef tenderloin or filet mignon. It is prized for its mild flavor, soft texture, and versatility in various cooking methods.

### 2. How should I cook Lomo de Res for the best results?

To achieve the perfect result, searing the meat in a hot pan or grilling it over high heat to lock in the juices is recommended. Cooking to medium-rare or medium is ideal for preserving its tenderness and flavor.

### 3. Can I marinate Lomo de Res?

Yes, marinating Lomo de Res can enhance its flavor. Simple marinades with olive oil, garlic,



herbs, and a splash of lemon or soy sauce work wonderfully. However, due to its natural tenderness, marinating is not essential.

#### **4. What temperature should Lomo de Res be cooked to?**

To achieve a medium-rare result, target an internal temperature of 130°F to 135°F (54°C to 57°C). For medium, cook until it reaches 135°F to 145°F (57°C to 63°C). Use a meat thermometer for accuracy.

#### **5. What are some suggested sides for Lomo de Res?**

Classic sides like creamy mashed potatoes, grilled asparagus, or sautéed mushrooms pair well. Additionally, roasted vegetables or a fresh salad can add variety to the meal.

#### **6. How do I store leftovers?**

Store leftover Lomo de Res in an airtight container in the refrigerator for up to 3 days. Reheat gently to prevent overcooking and drying out the meat.