

Grilled Beef Tenderloin with Herbed Sweet & Sour Onions and Peppers
(Brenda's Kitchen Spring 2009)

Serves 6 to 8.

Grilled Beef Tenderloin

Ingredients:

- 1 (3-lb.) piece tenderloin, trimmed of fat
- 1/2 T. balsamic vinegar
- 2 lg. cloves garlic, minced (about 1 T.)
- 1/4 C. olive oil
- 1 lg. shallot, minced (about 2 1/2 T.)
- 1/2 tsp. salt
- 1/4 C. fresh herbs, minced (basil, thyme & rosemary)
- 1 tsp coarsely cracked pepper
- Herbed sweet & sour onions (recipe on right)
- 1/2 T. Dijon mustard
- Fresh herb sprig for garnish

Directions:

- Place meat in a large plastic food bag.
- Combine garlic, shallots, mustard, vinegar, oil, herbs, salt and pepper in a small dish; add to meat and secure bag close so marinade coats surface of meat.
- Marinate 6 hours or overnight.
- When ready to cook, let the meat rest at room temperature for 1 hour.
- Grill over medium-hot fire or broil until cooked as desired, brushing with reserved marinade. (To enhance smokiness, add a few pieces of water-soaked applewood, hickory or mesquite to the barbecue, whether it is fueled by charcoal or gas.)
- To serve, let the meat rest for at least 10 minutes, loosely covered with foil. Slice thinly and arrange on top of herbed sweet and sour onions and peppers. Garnish platter with fresh herb sprigs.

Herbed Sweet & Sour Onions and Peppers

Ingredients:

- 1 T. olive oil
- 1 lg. red bell pepper, roasted, seeded & cut into julienne strips (3/4 c.)
- 1 med. Spanish or other sweet onion, thinly sliced (about 2 C.)
- 3 T. mixed fresh herbs, minced (basil, thyme & rosemary)
- 1 T. sugar
- 1 T. balsamic vinegar
- 1 T. unsalted butter
- 1/2 tsp. Dijon mustard
- 1/2 tsp. salt

Directions:

- Heat oil in a 10-inch nonstick skillet over medium-high heat.
- Add onion and sugar; cook, stirring often, until onion is lightly colored, but not dark (about 10 minutes).
- Add vinegar, mustard and salt. Cook, stirring often, about 7 minutes more.
- Add red pepper and heat through.
- The recipe can be made to this point and refrigerated for a day.
- To serve, gently reheat mixture and add herbs and butter.