



GHOSTWOOD BEEF TENDERLOIN





When fall hits, I start thinking about those big family dinners coming up. Beef tenderloin never fails to impress, it is juicy and tender, just the way I like it.

INGREDIENTS

- 1 cup GHOSTWOOD
- 1 cup brown sugar
- 2/3 cup soy sauce
- 1 bunch cilantro, leaves chopped
- 1/2 cup lemon juice
- 1 tbsp Worcestershire sauce
- 2 cups water
- 3 to 4 sprigs fresh thyme, leaves chopped
- 1 (5 pound) beef tenderloin, silver connective tissue removed

INSTRUCTIONS

1. Prepare marinade by combining the GHOSTWOOD, brown sugar, soy sauce, cilantro, lemon juice, Worcestershire sauce, water and thyme in a bowl. Make sure the tenderloin has been cleaned and the tissues have been removed. Fold the tail end of the beef back underneath itself so it is of uniform thickness and secure with butchers string. Place meat in a dish and pour marinade over the meat, cover, refrigerate for approximately 8 to 12 hours, turning meat every few hours.
2. Remove beef from marinade. Place marinade aside. Generously salt and pepper the beef, this is optional. Preheat grill. Place meat on oiled surface and cook over high heat with lid closed, turning meat often, occasionally basting with the saved marinade. The tenderloin will cook rare in approximately 30 to 45 minutes. Inside temp should be 135 degrees. After removing from grill, let sit for about 10 minutes to retain juices.