

Bourbon Marinated Beef Filets



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

1/3c Woodford Reserve bourbon

2T balsamic vinegar

1/4c soy sauce, low sodium

1T Worcestershire Sauce

2Tc brown sugar

4 ~ 6oz beef filets

Combine bourbon, soy sauce, brown sugar, balsamic and Worcestershire Sauce in small bowl. Mix well until brown sugar is dissolved. Pour into large zip~lock bag and make sure to scrape bowl dregs into bag. Add filets, toss, squeeze out air and zip closed. Refrigerate at least 4 hours, up to 8 hours.

Preheat grill to medium~high heat. Remove steaks from marinade and place marinade in small saucepan. Heat marinade until boiling, reduce heat and fast simmer until steaks are done. Place steaks on grill, close lid and cook 3 minutes. Turn steaks 1/4 turn, close lid and cook an additional 3 minutes. Turn steaks over and cook 3 minutes. After 3 minutes, turn steaks 1/4 turn, close lid and cook the final 3 minutes. Remove steaks from grill to plate.

Allow steaks to sit at least 5 minutes to rest before serving.

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Debbie Spangler ~ Certified Personal Chef

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