

Bourbon Glazed Beef Tenderloin



It's my birthday and if I was cooking, this is what I'd make for myself!

Serves 8

1c bourbon

1/2c balsamic vinegar

1/2c soy sauce

1/3c Worcestershire sauce

1/2c brown sugar

2 pound beef tenderloin, trimmed and tied

Combine bourbon, soy sauce, brown sugar, balsamic and Worcestershire sauce in small bowl. Whisk well until brown sugar is dissolved.

Place tenderloin in large zip~lock bag and pour bourbon marinade over beef. Seal and refrigerate at least 4 hours and up to 24 hours.

Remove beef from refrigerator and allow to sit at room temperature 2 hours. Preheat oven to 475.

Remove beef from marinade, reserving marinade, pat beef dry with paper towels. Place beef on foil~lined baking sheet and roast 22~25 minutes for medium rare. Remove from oven, cover with foil and allow to rest at least 20 minutes and up to 1 hour before slicing.

While beef is roasting, pour marinade in large pot and bring to boil. Reduce heat and simmer at least 30 minutes. Serve on the side with sliced beef tenderloin.

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Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com