

Grilled Beef Tenderloin Steaks

with Lemon-Balsamic Barbecue Sauce

GF DF

I've labeled this special-occasion recipe "Splurge-Worthy" not because it's loaded with fat or sodium or calories, but because it's expensive. For an occasional treat and for those who love meat, this tenderloin's flavor just can't be beat!

Barbecue Sauce

- ½ cup ketchup
- 2 tbsp freshly squeezed lemon juice
- 2 tbsp molasses
- 2 tbsp minced shallots
- 1 tbsp balsamic vinegar
- 1¼ tsp chili powder
- 1 tsp minced garlic
- 1 tsp grated lemon zest
- 1 tsp Dijon mustard
- ½ tsp each ground cumin and paprika
- ¼ tsp freshly ground black pepper

4 beef tenderloin steaks (about 6 oz/170 g each; see Kitchen Whizdom)

Sea salt and freshly ground black pepper

Combine all sauce ingredients in a small pot and bring to a gentle boil over medium-high heat. Reduce heat to low, cover and simmer for 2 minutes. Remove from heat and let cool before using.

Preheat grill to medium-high heat and lightly oil grill racks. Sprinkle steaks lightly on both sides with salt and pepper. Grill steaks for 4 to 5 minutes per side (with lid down), or until cooked to your desired degree of doneness. Exact cooking time will depend on thickness of steaks. Slather (and I mean SLATHER) the steaks with sauce during the last minute or two of cooking time. Let steaks rest for a couple of minutes before serving. Enjoy!

Note: Be careful not to ruin the steaks by overcooking them! Remember how much they cost? Enough said.

Makes 4 servings

Per serving: 300 calories, 10.3 g total fat (3.8 g saturated fat), 37 g protein, 13 g carbohydrate (0.5 g fiber, 9.8 g sugars), 101 mg cholesterol, 344 mg sodium

KITCHEN
WHIZDOM

As someone who eats very little meat, when I do indulge, it better be great! I've been besieged by requests for this recipe, described by friends as "that amazing beef tenderloin you make." For even more flavor, I'll often rub the raw steaks with Montreal Steak Seasoning (instead of salt and pepper) before grilling. And I almost always add a hint of rosemary (not too much!) to the sauce. Choose any cut of steak you like, slather it with this sauce before serving and wait for the compliments. I'll steak my reputation on it!



SCAN FOR
VIDEO!



YUM

This sauce tastes great on grilled pork loin chops!

YUMMER!

Add ½ tsp dried rosemary and/or a pinch of cayenne pepper to spice up the sauce.