

Bourbon Molasses Marinated Beef Tenderloin

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Ingredients

Marinade:

1 md. onion, chopped fine
1/2 cup Bourbon
1/4 cup unsulphured dark molasses
2 tbsp. Worcestershire sauce
1 tsp. sweet mustard
1/4 tsp. powdered ginger
pinches crushed chille de Arbol OR Cayenne

Meat:

1 to 1-1/2 lb. beef tenderloin, cut into 8 medallions
Salt and fresh ground black pepper to taste
2 slices slab bacon, chopped
1 tbsp. oil, preferably Canola or Corn

Directions

In a small bowl, combine the marinade ingredients. Place the tenderloin medallions in a shallow non-reactive dish, and pour the marinade over the meat. Cover the meat, and refrigerate it for 2 to 4 hours, turning it once. Remove it from the refrigerator 20 to 30 minutes before cooking.

Drain the medallions, and salt and pepper them. RESERVE 1/2 cup of the marinade.

In a large cast-iron skillet, fry the bacon over medium heat until it is browned and crispy. Remove it with a slotted spoon, and drain it. Set aside the bacon, and reserve the drippings.

Stir the oil into the drippings, raise the heat to medium high, and add the medallions. Cook them rare, about 3 minutes, turning once. Remove the steaks, pour the reserved marinade into the skillet, and raise the heat to high. Scrape up any browned bits from the bottom, and stir the marinade as it thickens into a glaze, which requires about 1 to 2 minutes.

Working quickly, return the steaks to the skillet briefly to coat them with the glaze on both sides.

Transfer the medallions to a decorative platter, sprinkle the bacon over, and serve immediately.