

# Grilled Marinated Beef Tenderloin

Servings : 12

Amount	Measure	Ingredient - Preparation Method
5	pounds	beef tenderloin (or flank steak or london broil)
1 1/4	cups	port or other sweet wine
1/2	cup	olive oil
1/4	cup	fresh lemon juice
1/4	cup	worcestershire sauce
1/4	cup	water
1	teaspoon	freshly ground black pepper
1/2	teaspoon	cayenne
1	teaspoon	thyme
4	cloves	minced garlic
2		bay leaf

Rinse meat and pat dry. Place in a shallow dish. In a bowl, combine marinade ingredients and blend well. Reserve 1 cup. Pour remaining over the beef, turning to coat. Cover and refrigerate for a few hours to overnight.

Remove meat from marinade. Grill over medium heat and baste with 1/4 cup reserved marinade. Grill till done (25 min to med rare). Put remaining marinade in pan and boil until reduced by half. Serve with beef.