

# Betty's Tarragon Beef Tenderloin Filets



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In this video, Betty demonstrates how to make Tarragon Beef Tenderloin Filets. These are bacon-wrapped filets of beef tenderloin that are marinated in a flavorful sauce and then broiled in an oven to desired doneness. You may grill them on an outdoor grill or sauté them in a saucepan—delicious done in any of these ways!

Ingredients:

(2) 6-oz. bacon-wrapped beef tenderloin filets

¼ cup apple juice

2 tablespoons soy sauce

1 teaspoon fresh tarragon (You may use 1/3 teaspoon dried tarragon.)

broiler pan, lined with aluminum foil, and with the top covered with foil and slits cut in top

sprigs of tarragon for garnish, optional

Place (2) 6-oz. bacon-wrapped beef tenderloin filets in a heavy duty, gallon-sized zip-lock plastic bag. Add ¼ cup apple juice, 2 tablespoons soy sauce, and 1 teaspoon of fresh tarragon. Seal the bag tightly and work the liquid into the filets the best you can. Set the bag in a small dish and marinate in the refrigerator for at least 3 hours. Remove beef tenderloin filets from bag and place on a broiler pan (prepared with foil). Broil about 6 inches from heat, with oven door slightly open about 8 minutes on each side, or to desired degree of doneness. Place on a nice platter and garnish with sprigs of tarragon, if desired. I served these Tarragon Beef Filets with Tomato and Lettuce Salad with Green Goddess Dressing, Browned Butter Mashed Potatoes, Ale-9-1 Cake with Ale-8-1 Frosting—plus a glass of iced tea! It is a great combination of flavors and textures. I hope you enjoy the meal! --Betty ♥♥♥♥♥