

BLUE CHEESE BEEF TENDERLOIN

We love this blue cheese sauce and always make too much. It keeps well in the fridge for other uses.

1 3 LB whole beef tenderloin
1/2 Cup Teriyaki sauce
1/2 Cup red wine
2 cloves garlic, chopped
4 oz. Blue cheese, crumbled
1/3 Cup mayonnaise
2/3 Cup sour cream
1 1/2 tsp Worcestershire sauce

Place beef in shallow dish. Combine teriyaki sauce, red wine and garlic; pour over beef. Allow beef to marinate in fridge for 30 minutes.

Preheat oven to 450 Place tenderloin on broiler pan, and cook in preheated oven for 15 minutes.

Reduce heat to 375 and cook for 30-40 minutes more, or to desired doneness. Allow to set for 10 minutes before slicing.

In a saucepan over low heat, combine blue cheese, mayo, sour cream and Worcestershire sauce. Stir until smooth; serve over sliced tenderloin.

A variation on the Sauce:

2 oz cream cheese, room temp.
1/4 cup finely crumbled bleu cheese (about 1 oz)
2 TBSP finely chopped seeded red or green jalapeno chiles
1 shallot, finely chopped
3/4 tsp white wine vinegar
1 TBSP butter.

Heat the butter, add the jalapeno and shallot, simmer until almost soft. Add the cream cheese and bleu cheese, stir until just melted. Take off the heat and stir in the vinegar.