

Marinade is the key, but grill holds the secret

Stacee Martin of Mount Sterling said the secret to her spicy beef tenderloin is the grill.

"My family loves my spicy beef tenderloin. It is super easy and delicious. I think the reason my dish turns out so well for me and not my mom (Sandy Lansdale) is because of my grill. We have a Holland grill, and it has no open flame. It works like an oven," she said.

Here's Martin's recipe:

Spicy beef tenderloin

- 1½ cups port wine
- 1 cup soy sauce
- ½ cup olive oil
- 1 teaspoon pepper
- 1 teaspoon thyme, dried
- 1 tablespoon hot sauce
- 6 cloves garlic
- 1 bay leaf
- 1 5- to 6-pound beef tenderloin

Combine first eight ingredients, mix well. Place tenderloin in

large shallow dish. Pour 2 cups wine mixture over top and cover tightly. Chill at least 8 hours, turning occasionally. Chill remaining wine mixture. Uncover tenderloin, drain and discard marinade. Put tenderloin on grill. Grill until meat thermometer registers 145 degrees (medium-rare), basting occasionally with remaining wine mixture.

Last week we ran a recipe for Dottie Pollard's cabbage casserole. It called for white sauce, and many of our readers didn't know what a white sauce is. It's a basic cream sauce. Here's how to make it: Melt 2 tablespoons butter in a heavy-bottomed saucepan. Stir in 2 tablespoons flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown, about 2 minutes. Add 1¼ cups hot milk, continuing to stir as the sauce

thickens. Bring to a boil. Add salt and pepper to taste, lower heat, and cook, stirring, for 2 to 3 minutes more. Remove from heat. Recipe can be doubled.

The dish you take to a neighbor, a potluck dinner or church social means it's one of your very best.

We would like you to share that recipe with our readers. Send us the recipe for which you're known and tell us any little secrets about why it turns out so great for you and no one else.

If you don't have a signature recipe, maybe you'd like to know a secret or two from the chef at your favorite restaurant. Send us your questions, and we'll contact the restaurant for you. Maybe they'll share, maybe they won't.

But we'll ask.

Send your recipe or question to Recipe Swap, c/o Sharon Thompson, Lexington Herald-Leader, 100 Midland Avenue, Lexington, Ky. 40509. Or e-mail us at swithompson@herald-leader.com.



RECIPE SWAP

Readers and restaurants share the secrets of their culinary successes.



KEVIN MARTIN/STAFF

Stacee Martin of Mount Sterling says the secret to her spicy beef tenderloin is the grill she uses; it cooks more like an oven.