

## **Beef Tenderloin**

Season beef with salt, pepper, garlic (optional), and rub with olive oil.

Pre heat oven to 500\*

Cook beef 5 minutes per lb. then turn oven off but do NOT open oven door. Allow meat to continue to cook for additional 1 hour and 15 minutes.

Cook exactly to directions and meat will come out medium rare – perfect!

### Grilled Lamb with Brown Sugar Glaze

$\frac{1}{4}$  cup brown sugar

2 tsp ground ginger

2 tsp dried tarragon

1 tsp ground cinnamon

1 tsp black pepper

1 tsp garlic powder

$\frac{1}{2}$  tsp salt

4 lamb chops

In a medium bowl, mix brown sugar, ginger, tarragon, cinnamon, pepper, garlic powder, and salt. Rub lamb chops with the seasonings, and place on a plate. Cover and refrigerate for 1 hour.

Preheat grill for high heat

Brush grill grate lightly with oil, and arrange lamb chops on grill. Cook 5 minutes on each side, or to desired doneness.

### Grilled Sausages with Sweet-and-Sour Peppers

3 tbls slivered almonds

¼ cup raisins

3tbls red wine vinegar

2 tbls sugar

¼ tsp salt

1/8 tsp black pepper

2 medium green sweet peppers, seeded and cut into 1 inch strips

2 medium red sweet peppers, seeded and cut into 1 inch strips

1 medium red onion, cut into wedges

1 tbls olive oil

6 uncooked mild sausage links

6 hoagie buns split

3 tbls bottle Italian salad dressing

In a small nonstick skillet, cook and stir almonds for 1 to 2 minutes or until golden. Stir in raisins. Remove from heat. Let stand for 1 minute. Carefully stir in vinegar, sugar, salt and pepper. Cook and stir just until sugar is dissolved. Set aside.

In a large bowl, combine sweet peppers and onion. Drizzle with oil; toss gently to coat. Prick sausages several times with fork.

For a charcoal grill, grill sausages and vegetables on the rack of an uncovered grill directly over medium coals for 10 to 15 minutes or until sausages are no longer pink and juices run clear and vegetables are tender, turning once halfway through grilling.

While sausages and vegetables are grilling, brush cut sides of buns with salad dressing. Add buns, cut sides down, to grill. Grill 1 minute or until toasted.

Return vegetables to the large bowl. Add almond mixture; toss gently to coat. Serve sausages and vegetable in the toasted bun.

Serves 6