

Garlic-Mustard Grilled Beef Skewers

Ingredients

One 2-pound beef tenderloin, halved and cut into 1-inch slices

Garlic-Mustard Glaze:

4 cloves garlic, finely chopped

1/4 cup grainy mustard

2 tablespoons Dijon mustard

2 teaspoons Spanish paprika

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 tablespoon low-sodium soy sauce

2 tablespoons white wine vinegar

1 tablespoon honey



Instructions

Special equipment: 6-inch wooden skewers, soaked in cold water for 30 minutes

Heat grill to high. Skewer 2 pieces of the beef onto 2 skewers so that the meat lies flat. Brush the meat liberally on both sides with the Garlic-Mustard Glaze. Grill the meat for 2 to 3 minutes per side until golden brown and cooked to medium-rare doneness, brushing with the remaining glaze while grilling. Remove from grill and serve.

Garlic-Mustard Glaze:

Whisk together all ingredients in a small bowl. Cover and let sit at room temperature for 30 minutes before using.