

Ball? Soyal? Bonfile

Tender Asian-style honey soy beef tenderloin with sweet and savory glaze. Easy marinade recipe with cooking tips for perfect results every time.

20 min

HAZIRLIK

15 min

PI?IRME

35 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

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Malzemeler

- 2 clove garlic
- 1 tbsp sesame
- 1 tbsp soy sauce
- 1 tbsp honey
- 2 tbsp olive oil
- 1 kg steak
- 2 tbsp vinegar
- 1 tbsp fresh root ginger
- 0 pinch salt
- 0 pinch black pepper
- 0 pinch chili flakes

Yap?l???

- Prepare the marinade**

Mince 2 cloves garlic finely. In a large bowl, whisk together 2 tablespoons honey, 1 tablespoon soy sauce, 1 tablespoon olive oil, the minced garlic, and 1 tablespoon minced fresh ginger until smooth and well combined.
- Cut 1 kg beef tenderloin into 4 equal steaks, about 2.5 cm (1 inch) thick. Add the beef steaks to the marinade, turning to coat all sides completely.**
- Cover the bowl with plastic wrap and refrigerate for at least 2 hours or up to 24 hours, turning the steaks once halfway through marinating.**
- Prepare for cooking**

Remove the beef from refrigerator 30 minutes before cooking to bring to room temperature. Remove steaks from marinade and pat dry with paper towels, reserving the marinade for later.
- Season both sides of each steak generously with salt and black pepper. Heat 2 tablespoons vegetable oil in a large heavy-bottomed skillet or cast iron pan over medium-high heat until the oil shimmers.**
- Sear the steaks**

Add the steaks to the hot pan without overcrowding. Sear for 3-4 minutes without moving them, until a golden-brown crust forms on the

bottom.

7 Flip the steaks and cook for another 3-4 minutes for medium-rare (internal temperature of 54-57°C or 130-135°F), or 5-6 minutes for medium (60-65°C or 140-150°F).

8 **Make the glaze**

Pour the reserved marinade into the same pan after removing the steaks. Cook for 1-2 minutes, stirring constantly, until the marinade reduces and becomes syrupy.

9 Transfer steaks to a cutting board and tent with foil. Let rest for 5 minutes to allow juices to redistribute before slicing.

10 **Slice and serve**

Slice each steak against the grain into 1 cm (½ inch) thick pieces. Arrange on serving plates and drizzle with the reduced honey-soy glaze. Garnish with 1 tablespoon chopped fresh parsley if desired.

?puçlar?

Always bring meat to room temperature before cooking for even heat distribution and better results.

Pat the meat dry after marinating and before cooking to achieve better searing and prevent steaming.

Don't move or flip the meat too frequently – let it develop a proper crust before turning.

Use a meat thermometer for accurate doneness rather than cutting into the meat and losing juices.

Let the meat rest for 5-10 minutes after cooking to allow juices to redistribute throughout.

Reserve some marinade separately before adding raw meat to use as a sauce or for basting.

If the marinade seems too thick when cooking, thin with a splash of beef broth or water.

Slice against the grain for maximum tenderness when serving.