
Bry Tenderloin

Ingredients:

Tenderloin , Bry ,Grilling Salt

Directions:

- * Pre-heat oven to 200 degrees
- * Put on hot grill (not full heat but almost)
- * Spray liberally with Bry and add Grilling Salt
- * Leave on heat for 2 minutes with lid closed
- * Turn tenderloin to other side for 2 minutes with lid closed and spray new side with Bry and add Grilling Salt
- * Turn to a new side for 2 minutes with the lid closed
- * After all sides have been coated and cooked once, stick meat thermometer into center and check heat
- * Keep turning in 2 minute or so increments and continue spraying Bry and adding Grilling Salt
- * When the center temperature of 135- 140 is reached, place on baking dish in oven to "rest". This will allow the heat to even out and for you to work on side dishes. It should hold temp and not overcook, especially if you are closer to 135 when you take it off.