

# Hey Maria!

with  
**CHEF  
MARIA  
RUPENA**



## Episode 6

### Marinated & Grilled Beef Tenderloin Kabobs

Sliced beef tenderloin strips-about 4" pieces  
Rupena's Beef & Pork Seasoning

#### Marinade:

1 cup .	Soy sauce
1.5 tbsp.	Lemon juice
¼ cup	Olive oil
1 tsp. .	Brown sugar
5	Cloves garlic
1 tsp.	Fresh ginger

Ribbon tenderloin pieces onto 3" skewer and season with Rupena's Beef seasoning. Add all marinade ingredients to a food processor and mix well. Put beef into a bowl and add marinade. Refrigerate for at least 1 hour.

Cook marinated beef skewers on grill, turning often so they are lightly browned. Place skewers into a baking dish and add beef broth so the skewers are not quite covered in liquid. Bake in oven for about 8 minutes. Place on platter and spoon some extra beef broth over meat. Serve immediately.

### Lamb-stuffed Grape Leaves (appetizer)

	Grape Leaves
¾ lb	Ground lamb
3	Cloved minced garlic
½ cup	Minute rice
1 tsp. ea.	Allspice & Rupenas Lamb & Veal seasoning

Place about 1 tsp. lamb mixture into grape leaf. Fold, tightly roll, and place into medium size pan. Add just enough water to pan to cover grape leaf. Add ¼ cup lemon juice, 3 whole garlic cloves and some kalamata olives. Place cover on pan and simmer on low heat for about 1 hour.

Place stuffed grape leaves on platter. Top with the garlic cloves and olives from the pan, and spoon some of the lemon water on top. Serve immediately.

### About Rupena's Fine Foods

[www.rupenas.com](http://www.rupenas.com)

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