

Filet Mignon with Mushroom & Wine Sauce

Courtesy of Carole's Creations

Prep Time: 5

Standing Time: 30 minutes

Cooking Time: 10-15 minutes

Serves: 4

CChints: A cast iron skillet or flat griddle is the key to sealing in the natural steak juices. It provides a flat surface that heats up very well and allows the meat to sear which keeps the juices in the steak and locks in the flavor. Use a dry red wine like a Merlot or Cabernet Sauvignon for the sauce. It's important to use one that you would also drink. If it is not good enough to drink, you shouldn't cook with it.



4 Filet mignons, 1 inch thick or ask your butcher to cut them 1-1/2 inches thick

1 tablespoon olive oil

4 teaspoons butter

Salt and pepper to taste

Mushroom and Wine Sauce:

2 teaspoons unsalted butter, divided

1 teaspoon olive oil

1/2 cup yellow, sweet onion, sliced thin

12 ounce package of fresh portabella mushrooms, sliced

1 cup dry red wine, divided

10 ounce can beef consommé (soup), divided

Dash of black pepper

2 teaspoons cornstarch

1 tablespoon fresh thyme or 1 teaspoon dry

1 tablespoon fresh oregano or 1 teaspoon dry

Rinse the steaks and lay them on a cutting board. Let sit at room temperature for 30 minutes while the grill heats up. The meat needs to come to room temperature before grilling.

During this 30 minute period, you can do the prep for the sauce and anything else you want to go with this dinner.

Heat the grill to high heat and place the cast iron griddle/skillet on the grill and close the cover. During this time start preparing the side items you want to go with your steaks.

Right before you put the steaks on the grill, you can prepare the sauce. Melt half the butter and oil in a nonstick skillet over medium heat. Add the onions and stir occasionally for 3 minutes, then add the mushrooms and cook for 4 more minutes. Slowly stir in 1 cup wine and then 1 cup of the beef consommé. If you are using dry herb, add them now. Stir occasionally for 6 minutes to allow the sauce to reduce and let the flavors concentrate.

At the end of the 30 minutes, it is time to start the steaks by spreading the olive oil on one side of each steak and sprinkle lightly with salt and pepper. Open the grill and lay the steaks on the cast iron piece, oil side down and grill for 5 minutes with the cover open. Do not move the steak during this time. After 5 minutes, sprinkle with salt and pepper and flip the steaks over. Spread

1 teaspoons of butter over the seared side of the meat. Cook for another 4 minutes for medium rare or longer, depending on how you like your meat cooked. Remember, you can always put the steaks back on the heat to cook them more but you can't un-cook a steak.

Remove the mushrooms and onions from the pan with a slotted spoon and put them in a bowl while you finish the rest of the sauce. Turn the heat up to high under the sauce and add the rest of the wine. Combine the rest of the consommé with the cornstarch and pour that into the pan. Let it boil for 2 minutes and return the mushroom mixture to the pan along with the fresh herbs. Let it continue to boil for 1 more minute and turn the heat off under the pan. Leave the pan on the stove to retain the heat until the steaks are done.

Remove from the grill and place on serving plates. Let rest for 3 minutes to allow the juices to redistribute in the meat. Serve with the sauce and side dishes. Enjoy.