

DENE

Filet Mignon with Mustard and Mushrooms



Ingredients:

- 4 filets mignons, tied
- 2 tablespoons canola oil
- 1 ½ tablespoons fleur de sel
- 2 teaspoons coarsely cracked black peppercorns
- 2 tablespoons unsalted butter
- 12 ounces cremini mushrooms, stemmed and sliced into 1/4-inch pieces
- 2 tablespoons dry sherry
- Kosher salt and freshly ground black pepper
- 1 tablespoon good olive oil
- ½ cup minced shallots (2 large shallots)
- 3 tablespoons Cognac or brandy
- 1 ¼ cups heavy cream
- ¼ cup Dijon mustard
- ½ teaspoon whole-grain mustard
- 2 tablespoons minced fresh parsley leaves

Method:

1. Preheat the oven to 400°F. Be sure your stove is well ventilated!
2. Heat a cast-iron pan over high heat for 5 to 7 minutes. Pat the filets dry with paper towels and brush all over with the canola oil. Combine the fleur de sel and cracked pepper on a small plate and roll the filets on the top, bottom, and sides in the seasoning, pressing lightly to coat. Sear evenly all over (top, bottom, and sides) for about 2 minutes per side.
3. Transfer the steaks to a sheet pan and place in the oven for 8-12 minutes, done to your liking. Remove from the oven; cover the pan tightly with foil, allowing to rest for 10 minutes.
4. Meanwhile, heat the butter in a medium sauté pan over medium heat. Add the mushrooms and sauté for 4-5 minutes, until they release their juices. Stir in the sherry and cook for 10-12 minutes, until the mushrooms are cooked through. Sprinkle with ½-teaspoon kosher salt and ¼-teaspoon pepper and set aside.
5. At the same time, add the olive oil to the skillet (do not wipe it out), the shallots, and cook over medium heat for 2 minutes. Add the Cognac, stirring to deglaze the skillet, and cook for 2 minutes, until the Cognac evaporates and the shallots are tender. Stir in the cream and simmer for 4-5 minutes, until thickened. Stir in the mustards and taste for seasonings.
6. Remove the strings from the filets and place on 4 warm dinner plates.
7. Spoon the mustard sauce around the filets. Spoon the mushrooms on top of the filets and sprinkle each plate with parsley. Serve hot.

Rare: 125F Medium Rare: 135F Medium: 145F Medium Well: 150F Well Done: 160F

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