

FILET MIGNON WITH BURGUNDY SAUCE

UTENSILS:

Jumbo Saute, 2 Quart Saucepan, Large Skillet

INGREDIENTS:

RICE:

- 2 Cups Beef Broth
- 1 TBS Unsalted Butter
- 1 Cup Long-Grain Rice
- 1 Cup Frozen Green Peas
- 3 Scallions, white and green parts, finely chopped
- ¼ cup smoked almonds, chopped
- 2 Handfuls flat-leaf parsley, chopped

- 1 fresh or dried Bay Leaf
- 2 Large Garlic Cloves, Chopped
- Salt and Freshly Ground Pepper
- 2 TBS All-Purpose Flour
- ½ Bottle good quality French Red Burgundy Wine (about 2 cups)

STEAK:

- Four thick cut Filet Mignon (about 2 lbs)
- Worcestershire Sauce

SAUCE:

- 2 slices lean Bacon, chopped
- ¾ pound white mushrooms, halved

DIRECTIONS:

1. In the 2 quart saucepan, place 1 cup beef broth, 1 cup water, butter, rice and peas. Cover, whistle open, and cook on Medium Heat until the whistle sounds; close the whistle and remove from heat. Do NOT remove the lid. Allow to cook 10-12 minutes; stir in the scallions, almonds and half of the parsley. Recover and allow to stand until the meal is fully prepared.
2. Heat the Large Saute to Medium Heat. Add the bacon and cook until just crisp, about 3 minutes, then move to the side. Add the mushrooms and bay leaf and cook for 7 to 8 minutes. Add the garlic and cook for 2 minutes; season to taste with salt and pepper. Stir in the flour and cook for 1 to 2 minutes. Stir in the wine, scraping up all the browned bits, and boil to reduce by half, about 4 minutes. Stir in the remaining 1 1/2 cups beef broth and the onions and simmer for 5 minutes. Discard the bay leaf and adjust the seasonings.
3. Meanwhile, preheat your large skillet on Medium High heat. Place the steaks in the skillet. Broil the steaks for 5 minutes on the first side and 3 minutes on the second side for medium doneness. Brush with a little Worcestershire sauce and season with salt and pepper. Let rest for a few a minutes, then slice against the grain on the diagonal. Serve the steak with the Burgundy sauce, the remaining parsley and the rice alongside

NOTES:

