

THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

Filet Mignon w/Spicy Shitake Mushroom

Cream Sauce

Ingredients:

2 (6 – 8 ounce) Filet Mignon steaks
Salt and fresh ground pepper
2 tablespoons of butter

Sauce:

2 tablespoons salted butter
2 teaspoons neutral oil
1 large clove garlic finely diced
1 shallot, finely diced
8 ounces of Shitake mushrooms, stems removed and sliced
1 sprig of fresh thyme
1 cup red wine
¾ cup of heavy cream
1 tablespoon of hot barbeque sauce (see note)



Directions:

Getting started:

Note: Per recommendation from the Chef, I used **Horseshoe Brand Hot BBQ sauce**. See link below. I have not experimented with other brands, but If you can't obtain Horseshoe, feel free to try another tomato-based sauce. This BBQ sauce has a kick so think twice before adding extra. The proportions listed in the recipe work well, unless you like it HOT.

Practice your mise en place by prepping your vegetables, salt and peppering your meat, and measuring your sauce ingredients. Bring the meat to room temperature before searing.

In a heavy-bottomed or cast-iron skillet, melt the butter and oil until hot. Add the two filets and sear for 4-5 minutes on the top and then the bottom, depending on how you prefer your steak. When that is done, turn the meat and be sure to sear all sides. Remove from the pan, set aside on a plate and lightly tent with foil to keep warm. If you are unsure of doneness, use an instant-read meat thermometer, being mindful that the meat will continue to cook when resting.

For the sauce:

In a saucepan, heat one tablespoon of butter and add the finely diced shallot, garlic, shitake mushrooms, and sprig of thyme. Saute until mushrooms begin to soften. Add one cup of red wine and reduce for 2-3 minutes on high. Remove thyme sprig. Add in the heavy cream and 1 tablespoon of the hot bbq sauce. Simmer on low for 2-3 minutes.

Plate the steak and cover it with mushrooms and sauce. You can also serve the steak sliced and topped with the sauce.

Serving Suggestions:

Tri-colored carrots? One package of tri-colored carrots, scrubbed, no need to peel. Slice into long strips, toss with olive oil, salt, and a pinch of ground cayenne pepper. Roast for 30 minutes in a 400-degree oven until tender-crisp. Remove to a serving bowl and toss with local honey.

Mashed potatoes? Truth be told, I cheated and used prepared Bob Evans Brand and added a little more butter. If you want to be a purist, I have a recipe listed for the Perfect Mashed Potatoes on the Blog.

I have adapted this original recipe from Chef Wil Irving to suit the home cook. I hope to enjoy dining again soon at The Chateau on the Lake in Bolton Landing, New York, where Chef Wil and I became friends over his delicious