

Cajun Rubbed Filet Mignon with Creamy Creole Sauce

Carolyn T's
Cookbook

Servings: 4

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Notes: You're going to want a spoon to get every single droplet of sauce in your mouth!

STEAKS

1. Combine all the rub ingredients in a small bowl. Reserve 1 tsp. for the sauce. Coat the steaks well and let stand at room temp for 45 minutes.
2. Heat a heavy skillet over high heat until very hot. Brush both sides of the steaks with olive oil and add to the hot skillet. Cook 4-6 minutes per side to desired doneness, lowering heat towards the end to prevent burning. Steaks may also be grilled.

SAUCE:

1. Melt butter in a medium skillet over medium high heat. Add onions, celery and bell pepper and cook until tender, stirring occasionally, about 5 minutes. Stir in the reserved cajun/creole spice and the sugar. Add the dry vermouth and bring to a boil.
2. Stir in tomatoes, hot sauce and cream and bring to a simmer. Cook until mixture reduced slightly and thickens, about 10 minutes. May be made ahead to this point.
3. Stir in fresh herbs, season to taste with salt, pepper and hot sauce. Serve spooned over steaks.

STEAK & RUB:

- 2 1/2 tablespoons paprika
- 2 tablespoons kosher salt
- 2 tablespoons garlic powder
- 1 tablespoon freshly ground black pepper
- 1 tablespoon onion powder
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 teaspoon cayenne
- 2 pounds fillet mignon, 4 steaks, 1 1/4 inches thick
- 2 tablespoons vegetable oil

CREOLE SAUCE:

- 2 tablespoons unsalted butter
- 1/4 cup onions, diced
- 1/4 cup celery, diced
- 1/4 cup green bell pepper, diced
- 1 teaspoon cajun/creole spice (from rub recipe above)
- 1 teaspoon sugar
- 1/4 cup dry vermouth
- 14 1/2 ounces diced tomatoes, drained
- 1 teaspoon hot sauce
- 1/2 cup heavy cream
- 1 tablespoon fresh oregano
- 1 tablespoon fresh thyme

Serving Ideas: Serve with rice that contains butter, parsley and garnished with pecans.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 945 Calories; 77g Fat (73.4% calories from fat); 44g Protein; 19g Carbohydrate; 4g Dietary Fiber; 216mg Cholesterol; 2995mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 12 Fat; 0 Other Carbohydrates.