

Filet Mignon with Rich Balsamic Wine Hollandaise Sauce

*Carolyn T's
Main Cookbook*

Servings: 4

Author: From a cooking class with Phillis Carey



Description: Oh my - rich and decadent but fabulous flavor.

1. In a perfect world, make the sauce just before serving, but if you're entertaining, the sauce can be completed 1-2 hours ahead. Leave it out at room temperature (not keeping it warm or over the double boiler). When you're ready to serve, reheat the sauce over the double boiler.
2. SAUCE: In a saucepan combine red wine, sherry, vinegar, shallot. Bring to a boil and cook for 2-10 minutes, until it's reduced by half. Remove from heat and allow to cool. Transfer to the top of a double boiler and cover.
3. STEAKS: Preheat oven to 400 degrees. Season steaks with salt and pepper. Heat olive oil in a medium skillet over medium-high heat. Cook steaks 3 minutes per side. Transfer skillet (or transfer to a baking sheet first) to oven and roast about 8-10 minutes longer for medium-rare to medium (about 123-125 on an instant read thermometer).
4. While steaks are in the oven finish the sauce. Whisk egg yolks into cooled wine mixture and cook in double boiler over simmering water, whisking constantly, until thickened. Slowly whisk in melted butter until blended. Serve small portions of sauce over the grilled and roasted steaks. Garnish with parsley.

SAUCE:

1/4 cup dry red wine (Merlot, Pinot Noir or Zinfandel)

1/4 cup dry sherry

3 tablespoons balsamic vinegar

1 whole shallot, chopped

2 large egg yolks

1/3 cup unsalted butter, melted

Ground black pepper, and perhaps some salt (to taste)

FILET MIGNON:

24 ounces fillet mignon, 6 ounces each

1 tablespoon coarse salt

1 tablespoon coarsely ground black pepper

2 tablespoons olive oil

2 tablespoons Italian parsley, chopped

Serving Ideas: Serve this with a bright green vegetable of some kind. An ideal accompaniment to this is a potato gratin with blue cheese.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 733 Calories; 63g Fat (81.0% calories from fat); 32g Protein; 2g Carbohydrate; trace Dietary Fiber; 267mg Cholesterol; 1509mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 0 Fruit; 10 Fat.