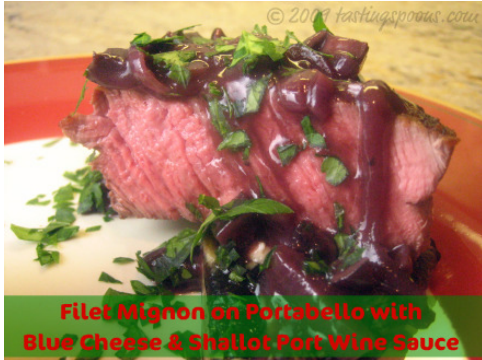


## *Filet Mignon with Roasted Portobello Mushrooms, Blue Cheese & Red Wine Port Sauce*

*Carolyn T's  
Main Cookbook*  
**Servings: 4**

Author: Phillis Carey, cookbook author

Source: From a cooking class 10/2008



**4 large Portobello mushroom caps**  
**Salt and pepper to taste**  
**2 tablespoons olive oil**  
**1 cup blue cheese, crumbled, Danish blue**  
**24 ounces fillet mignon, 1 1/4 inch steaks,**  
**6-8 ounces each**  
**1 tablespoon olive oil, for browning steaks**  
**2 tablespoons Italian parsley, chopped**  
**WINE SAUCE:**  
**2 tablespoons unsalted butter**  
**2 large shallots, sliced**  
**Stems from portobello mushrooms**  
**(above)**  
**1 tablespoon flour**  
**1 cup Zinfandel wine**  
**1/2 cup Ruby port**  
**1/2 cup beef broth**

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

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*Per Serving (excluding unknown items): 875 Calories;  
65g Fat (72.4% calories from fat); 42g Protein; 14g  
Carbohydrate; 2g Dietary Fiber; 160mg Cholesterol;  
759mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean  
Meat; 1 1/2 Vegetable; 9 1/2 Fat.*

*Description: An elegant dinner and you've got the vegetable covered.*

1. Preheat oven to 400 F. Remove mushroom stems, finely chop and set aside. Scrape dark gills out from underside of each mushroom (discard) and season caps with salt and pepper. Arrange mushrooms on a Silpat or parchment-lined baking sheet, underside up and drizzle with some olive oil. Roast until tender, about 30 minutes. Sprinkle with blue cheese and return to oven to melt the cheese, about 5 minutes.
2. Meanwhile, for steaks, bring to room temperature (about 45 minutes), then heat 1 T. olive oil in a large (not nonstick) skillet over medium high heat. Season well with salt and pepper and sear beef until well browned, about 3-4 minutes per side. Transfer steaks to baking sheet and roast for 8-10 minutes for medium rare to medium.
3. Cool pan slightly before continuing. Pour off any oil and fat from the skillet. Melt butter in the pan, add shallots and cook for 2 minutes. Add the chopped mushroom stems and cook until lightly browned. Stir in the flour and cook until bubbly. Add the red wine, Port and broth. Boil until sauce thickens, stirring occasionally, about 10 minutes. Season to taste with salt and pepper.
4. Set hot blue cheese topped mushrooms on serving plates. Set a steak on each mushroom and spoon on the sauce. Sprinkle with parsley and serve immediately.