

# Filet Mignon with Bacon and Port Sauce

Author: From a Phillis Carey cooking class 5/2010



3/4 pound shallots, large, halved lengthwise, peeled  
 1 1/2 tablespoons olive oil  
 3 cups beef broth, canned  
 3/4 cup Tawny Port, use Portuguese port only, not California  
 1 1/2 teaspoons tomato paste  
 32 ounces fillet mignon, steaks, 1 1/4 - 1 1/2" thick  
 1 1/2 teaspoons dried thyme  
 salt and pepper to taste  
 3 1/2 medium bacon slices, thick-type, chopped  
 3 tablespoons unsalted butter, divided use  
 2 1/4 teaspoons all-purpose flour  
 1 bunch watercress, optional

*Serving Ideas: These are best served with potatoes (to soak up any of the sauce).*

Per Serving (excluding unknown items): 973 Calories; 68g Fat (66.7% calories from fat); 52g Protein; 24g Carbohydrate; 1g Dietary Fiber; 187mg Cholesterol; 1189mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 3 Vegetable; 10 Fat.

Carolyn T's Tasting Spoons blog:  
<http://tastingspoons.com>

*Description: You'll think you've died and gone to heaven - the shallots make this dish, totally. And the port. Well, and the bacon too.*

1. Preheat oven to 400.
2. In a 9-inch diameter pie pan, toss shallots with oil to coat. Season with salt and pepper. Roast until shallots are a deep brown and very tender, stirring occasionally, about 30 minutes.
3. Boil the beef broth and Tawny Port in a large, high-sided saucepan until the liquid has reduced to about 1 1/2 cups, about 30 minutes. Whisk in the tomato paste. (Shallots and broth mixture can be made one day ahead; cover separately and chill.)
4. Pat the steaks dry with paper towels; sprinkle with thyme, salt and pepper. Cook the bacon in a large saute pan over medium heat until crispy brown. Remove bacon with a slotted spoon to paper towels to drain. Add steaks to the fat in the skillet and brown well, 4 minutes per side. Transfer steaks to a baking sheet and roast at 400 for 8-10 minutes (8 for medium rare, 10 for medium).
5. Meanwhile, pour bacon fat out of skillet and place pan over high heat. Add the reduced broth/port mixture and bring to a boil, scraping up any browned bits. Mix half the butter and the flour in a small bowl to form a smooth paste (called a roux - "roo") then whisk that into the broth mixture. Continue to whisk as it simmers and the sauce thickens, about 2 minutes. Remove pan from the heat and whisk in the additional pats of butter. Do not return the pan to the heat or the butter will separate. Stir in the shallots and reserved bacon. Taste the sauce for seasonings (salt and/or pepper). You may bring the sauce back to a simmer (but do not boil it at all). Spoon some sauce over the steaks and garnish with watercress, if desired.