

Filet Mignons with Mushroom Port Sauce

Phillis Carey, from a cooking class



Servings: 4

3 tablespoons olive oil
24 ounces fillet mignon, 1 1/2 inches thick, 4 slices
SAUCE:
3 tablespoons unsalted butter
3 tablespoons shallots, minced
1/2 pound button mushrooms, sliced
1/3 cup port wine, Tawny variety
2/3 cup dry red wine, Merlot or Cab preferred
1 cup beef broth
1 1/2 teaspoons Dijon mustard
1/2 cup heavy cream
1/2 cup parsley, minced, for garnish

Per Serving (excluding unknown items): 842
Calories: 69g Fat (77.7% calories from fat); 35g
Protein; 9g Carbohydrate; 1g Dietary Fiber;
184mg Cholesterol; 470mg Sodium. Exchanges:
4 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk;
11 Fat; 0 Other Carbohydrates.

Have all of your ingredients ready, so that when you start making the sauce everything is there at hand. If you happen to simmer off too much of the liquid in making the sauce, just add a tablespoon or two of water. Also, have all the rest of your dinner ready because once the fillets go in the oven you're on a countdown.

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Preheat oven to 400. For fillets, heat 2 T. of oil in a heavy skillet over medium-high heat until hot, but not smoking. Season steaks with salt and pepper and sear on each side for about 2 minutes. Transfer meat to a baking sheet and roast the filets for 5-6 minutes until medium rare. Ideally, use a probe thermometer and remove the steaks exactly when they reach 125 degrees F for medium rare. Rare is about 120. The meat will rise in temp after it's removed from the oven - tent gently with foil if the sauce isn't quite ready - allowing meat to sit for about 5 minutes before serving on very hot plates.
2. SAUCE: Pour off any fat remaining in the skillet and add the remaining olive oil and butter. Saute the shallots until tender, about 2 minutes. Add the mushrooms and cook until softened, about 4 minutes.
3. Add the port and red wine and boil until mixture is reduced by about 2/3. Add the beef broth and boil until it is reduced by half. Use a wire whisk to add the mustard. It will clump up if not whisked in carefully and quickly. Bring to a boil and whisk in any juices that accumulated with the steak and season with salt and pepper if needed. Serve sauce spooned over each steak. Garnish with parsley.