



Beef Filet Diane

Source: Morton's Steak house

Serving Size: 4

Prep Time: ~30 min

Cooking Time: ~60 min



Note:

Directions for Steak:

- Salt the meat all over (use Crystal Salt)
- Heat a skillet over a burner over high heat
- Pour in a thin film of oil
- When the oil's simmering, and soft of waving a little (before it starts giving off smoke)
- Sear both sides of the steak, **1 min per side**.
- Place the entire skillet into the oven for **5 to 7 min**, depending on the steak's thickness and desired doneness. Use instant read thermometer so you'll know when it's ready.
- Once it out of the oven, let it **rest for 3 min** before serving

Directions:

Bring the Steaks to room temperature

Mushroom Sauce

- In a saucepan over medium heat, melt 2 tbs of butter
- Add the garlic and cook, stirring frequently, for **2~3 minutes**, or until softened.
- Add the wine and Cognac, raise the heat to medium high and simmer, uncovered, for **8 ~ 10 min**, or until most of the liquid has evaporated
- Add the demi-glace, mustard, Worcestershire sauce, and tomato paste. Bring to a simmer over medium heat

Start on the Spinach Mash Potatoes

- Add the cream, return to a boil and reduce the sauce, whisking often for about **15 min**, or until the sauce thickens to a creamy consistency and deepens in color

Heat Oven to 450F for the Steak

- In a large sauté pan, melt the remaining butter over medium-high heat
- Add the mushrooms and sauté for about **5 min**, or until the mushrooms begin to soften
- Stir the sauce into the mushrooms and heat over low heat until gently simmering.

Cook the Steak

- Let the sauce simmer and reduce over low heat for **12 to 15 min**, when it's slightly thickened.
- Cover and keep warm over very low heat until ready to serve

Ingredient List

- 8 tbs unsalted butter
- 2 tbs finely chopped garlic
- ¼ cup dry red wine
- ¼ cup Cognac
- 8 ozs of store bought veal/Beef demi-glace
- 1 tsp of Dijon mustard
- 1 tsp Worcestershire sauce
- 1 tsp tomato paste
- 2/3 cup heavy cream
- 10 ounces white or cremini mushrooms, stemmed and sliced about ¼" thick
- Chopped fresh flat-leaf parsley, for garnish
- 4 10-ounce filets mignons, each about 2-1/2 inches thick
- Grape seed or Canola Oil