

Filet Mignon with Port Wine and Fig Sauce-Rick Edge

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Ingredients: Serves 4

4 6-oz Filet Mignon, tied with butcher's string
2 Tbls Olive Oil
Salt and Pepper to taste

Side accompaniments:

2 8-inch pieces Salsifey root, peeled and cut into 2" lengths
1 Juice of lemon
2 cups Water
1 Red Beet, cut into large cubes
1 Golden Beet, cut into large cubes
1 Celery Root, cut into large cubes
2 Carrots, peeled and cut into large cubes
2 bnch Swiss Chard

Procedure:

Preheat oven to 375°F.

Season filet with salt and pepper. Sear file t on all sides in small amount of olive oil. Finish cooking in preheated oven, 5-8 minutes for medium rare.*

Place Salsifey in lemon water immediately after peeling to prevent discoloring.

Blanch each vegetable separately, starting with cold water. When water begins to simmer, continue cooking for 3-5 minutes. Shock in ice water to maintain colors.

When ready to serve, re-heat to simmer in simmering water or chicken stock.

*Optionally: Rub with a spice-rub prior to cooking.

Ingredients:

1 Tbls Coriander seeds, ground
1 Tbls Fennel Seeds, ground
1/2 Tbls Paprika
1/4 Tbls Cloves, ground
Salt and Pepper to taste

To Serve:

Spoon a pool of fig sauce on plate. Place several Tbls of Chard on that and then the filet (after removing the strings) on top of the chard. Arrange cooked vegetables around the filet and serve. Be sure to always heat the plates first.

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