



AMERICAN

Filet Mignon with Red Wine Pan Sauce

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	2	10 min	25 min	Pan-fry	Tenderloin

Ingredients

- 2 filet mignon steaks, about 200 g (7 oz) each and 4 cm (1½ in) thick, tied if not already
 - 1 tsp coarse salt
 - ½ tsp black pepper
 - 1 tbsp neutral oil
 - 2 tbsp butter, divided, the second tbsp cold
- RED WINE PAN SAUCE**
- 1 large shallot, finely chopped
 - 120 ml (½ cup) dry red wine
 - 120 ml (½ cup) beef stock
 - 1 sprig thyme
 - 1 tsp balsamic vinegar
 - Salt and black pepper

Steps

1. Take the steaks out of the fridge 30 minutes ahead. Pat them very dry and season both sides, including the edges, with the salt and pepper.
2. Heat the oven to 200°C (400°F). Put an oven-safe skillet over medium-high heat for 2 minutes and add the oil.
3. Pan-fry the steaks for 3 minutes per side, then stand them on their edges for 30 seconds each to brown the sides.
4. Add 1 tbsp butter and the thyme sprig to the pan and baste for 30 seconds, then slide the skillet into the oven. Cook for 3–5 minutes, until the centre reads 52°C (125°F) for medium-rare. Carryover will bring it to about 55°C (131°F).
5. Move the steaks to a plate and rest them for 5 minutes. Careful: the skillet handle is very hot.
6. For the sauce, put the pan back over medium heat. Cook the shallot in the drippings for 1 minute, then pour in the wine and deglaze, scraping the browned bits. Simmer for 3–4 minutes until reduced by about two-thirds.
7. Add the stock and simmer 3–4 minutes more, until it lightly coats a spoon. Take off the heat, stir in the balsamic, and swirl in the cold butter until glossy. Season to taste.
8. Pour any resting juices into the sauce, and spoon over the steaks.

Notes

- **Doneness:** filet is lean; it is best medium-rare to medium, as it dries out when well done.
- **Bacon:** for a steakhouse look, wrap each filet with a rasher of bacon and secure with string; sear the bacon edge first.
- **Serving:** mashed potatoes, asparagus or creamed spinach.
- **Chef's touch:** basting with thyme perfumes the crust, and the sprig left in the pan flavours the sauce that follows.