



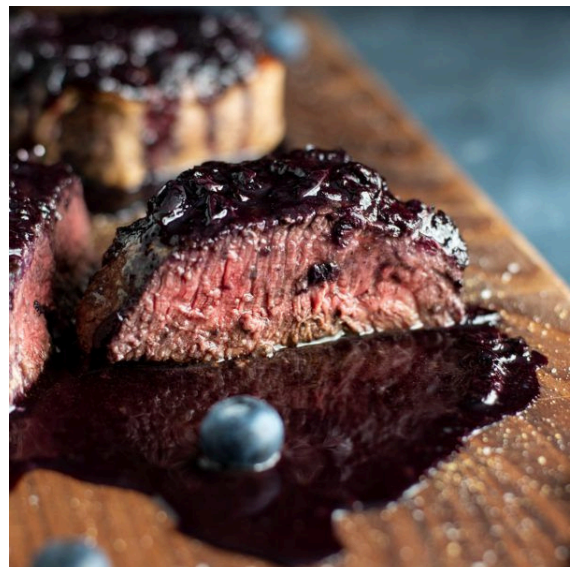
Filet Mignon with Blueberry Glaze

PREP TIME: 15 MINS **COOK TIME:** 10 MINS

TOTAL TIME: 35 MINS

SERVINGS: 2

WINE PAIRING: 2023 WALLA WALLA SYRAH



Ingredients: 2 8-10 ounce tenderloin beef filets, roughly 2 inches thick, vegetable or canola oil, can use 2 tbsp butter but it has a lower smoke point, salt and pepper, to taste, 1 garlic clove, whole, peeled, 1 sprig fresh rosemary

Blueberry glaze:

2 cups blueberries, fresh or frozen (mashed), 3/4 cup dry red wine, 1/4 cup brown sugar, packed 1 tablespoon red wine vinegar, 1 clove garlic, finely minced or pureed, 1 tablespoon corn starch, thickening agent, & salt, to taste.

Instructions:

1. Preheat oven to 415°F. Remove steak from the fridge 30 minutes prior to cooking, this is to bring the steak to room temperature and ensure your cooking times are more accurate. Season all sides liberally with salt and pepper. This can be done while your steak comes to room temp.
2. Add 1 tablespoon of oil (all you need is a very light coating) to an oven-safe cast iron skillet and turn the heat up high, allowing the skillet to become very hot. Twirl the pan to distribute oil as it heats. Once the oil starts to smoke, place the filets face down and sear undisturbed for 2 minutes. Flip the filets and sear for an additional 2 minutes. This will give your filets a nice seared edge.
3. Add some herb butter and a whole garlic clove/herbs to the pan before transferring it to the oven. The butter will melt and the herbs will season the pan drippings for a later step. Transfer your skillet directly to the oven. [WARNING] skillet will be hot, handle it with oven mitts. For rare, bake for 4 minutes. Medium rare, 5-6 minutes. Medium, 6-7 minutes. Medium well, 8-9 minutes.
4. Remember, depending on the size of the steak, the more or less time it will take. This recipe is ideal for an 8-10 ounce portion, roughly 1.5-2 inches thick.
5. Spoon some of the seasoned pan drippings over the steak to infuse it with extra flavor.
6. Remove filets from the skillet and set them on a plate and let sit for 5-10 minutes before serving. This is important to bring your steak to its final serving temperature.
7. Serve each filet topped with 3-4 tablespoons of blueberry sauce.

For the blueberry glaze:

1. As the steaks are cooking, combine blueberry glaze ingredients (except the corn starch) in a small saucepan. Use a potato masher to crush the blueberries, breaking the skins so they can reduce down easier.
2. Gently simmer on medium-low heat, stirring occasionally until the mixture thickens, about 15 minutes. Stir in corn starch and immersion blend for a smoother consistency.
3. Remove from heat and let rest. It will continue to thicken as it cools. Top each steak with a generous serving of blueberry glaze or serve as a dipping sauce.

Recipe Credit: kitchenswagger.com