

The Perfect Filet Mignon

Recipe by Mike Coughlin



Ingredients:

2-3 Filet Mignon steaks
¼ Cup shallots
clove of garlic, chopped small
½ Cup red wine of your choice
1 Cup beef consommé
1 sprig rosemary (optional)
1 sprig thyme (optional)
1-2 Tbsp tomato paste
pinch of sugar
big knob of unsalted butter
salt and pepper to taste

Directions:

1. Fill a sizable pot with water for a sous vide bath and take out 2 12 oz filets stripped of silver skin (also trim if needed).
2. Set the temperature bath to 125 degrees for a medium rare, for 2 hours minimum.
3. While the sous vide is warming up, take your filets and lightly oil them, then season. (Neil Sarap Beef Seasoning or Salt & Pepper)

4. Take the filets and put them in a Ziplock bag or food saver bag with a sprig of rosemary (optional). Remove all the air from the bags.
5. Once the sous vide reaches temp, dunk the meat for 2 hours.
6. After the 2 hours is complete, heat a skillet to 500 degrees with a drizzle of olive oil and a knob of butter. Make sure to have good ventilation.
7. When piping hot, sear all sides of the meat to develop the crust and it will bring the internal temp up a bit for the perfect medium rare. Spoon butter mixture over the beef while you're searing.
8. After you sear, let the beef rest on a plate for 10 mins before slicing.

Red wine mushroom sauce:

1. In the same pan as the seared steaks, place 2 Tbsp of butter in it and scrape the burnt bits with it over medium heat.
2. Add the shallots, garlic, and cook until they are translucent.
3. Add washed and dried mushrooms and keep stirring to remove most of the water in the mushrooms.
4. Raise the heat to medium-high and add the wine. Keep scraping the pan.
5. Add beef consommé, herbs, tomato paste, and sugar. Bring to a boil and reduce to a gravy-like consistency.
6. Spoon sauce over the steaks as desired.