



THE MEAT HOUSE: 30 Minute Recipe

Your Neighborhood Butcher

FILET MIGNON PAN SEARED WITH WARM TOMATO

Yields: 4 Servings

- 4 filet mignon steaks, 1 ½ inches thick
- 2 tablespoons butter and 1 tbsp. olive oil
- 2 large garlic cloves
- 2 vine ripened or beefsteak tomatoes
- 4 tablespoons chopped fresh basil
- 4 ounces Roquefort cheese
- Salt and pepper to taste
- Tongs and a heavy skillet

Instructions

Using clean paper towels, pat any excess moisture off the steaks and let them warm on a plate for half an hour to come to room temperature. Season each filet generously with salt and pepper on all sides. Slice the garlic into thin slices and the tomatoes into thick slices. Heat a large heavy skillet over high heat. When the skillet is hot, add the oil and butter and swirl to coat the bottom of pan. Working quickly, so as not to burn the butter, add each filet and sear on both sides until they reach your desired degree of doneness. Rare should be 3 minutes per side. For medium to well done steak, reduce the heat by 1/3 and cook an additional 3-5 minutes per side. Place steaks on a separate dish to rest and place Roquefort crumbles on top. The residual heat from cooking will cause the cheese to melt. Stir the garlic slices into the pan and top with the tomato slices and continue to cook for 1 minute or until the garlic turns golden brown and the tomatoes are warmed. Add the basil to the top of the tomato slices and plate immediately. Place the steaks directly on top of the sliced tomato and drizzle the pan juices and garlic over the top of each fillet and serve "pronto".



Options

- Try our Naturewell All Natural Filet!
- "Cheesy" alternative, try topping the filets with sharp cheddar slices.
- Try replacing the melting Roquefort cheese with our authentic Bernaise sauce.
- The creamy tarragon flavor is a delicate complement to the subtle fillet.
- If using the Bernaise sauce, try adding tarragon to the pan with the basil. It'll tie the two sauces together very nicely.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com