

Steak Diane

Ingredients:

- 1 tablespoon unsalted butter
- 1/2 tablespoon extra-virgin olive oil
- Four 3-ounce beef tenderloin medallions, pounded 3/4 inch thick
- Kosher salt and freshly ground pepper
- 1 small shallot, minced
- 1 garlic clove, minced
- 1/4 pound sliced button mushrooms
- 1/4 cup Cognac or other brandy
- 2 teaspoons Dijon mustard
- 2 Tbsp (1oz) heavy cream
- 1/2 cup veal demiglace or reduced veal stock (see Note)
- 2 teaspoons Worcestershire sauce
- 1 teaspoon finely chopped flat-leaf parsley
- Hot sauce, such as Tabasco to taste

Preparation:

1. In a large skillet, melt the butter in the olive oil. Season the meat with salt and pepper and cook over high heat until seared and lightly browned on both sides about 1 min each side. Transfer to a plate.

2. Add the shallot and garlic to the skillet and cook over moderate heat, stirring, until fragrant, about 20 seconds. Add the mushrooms, and cook until softened, about 2 minutes. Add the Cognac and carefully ignite it with a long match. When the flames die down, add the demiglace and mustard and stir over moderate heat for 1 minute. Add Worcestershire sauce, cream as needed and parsley and season with salt, pepper and hot sauce.

3. Add the meat and any accumulated juices to the saucepan and turn to coat. Simmer until heated through and cook to desired temp, about 1 minute. Transfer the meat to plates, spoon the sauce on top and serve.

Note: Veal demiglace is available in specialty food stores

Serve with: Stuffed baked potatoes or garlic mashed potatoes

Pair with 3 Steves 2017 Three Cabs Blend or 2015 Cabernet