


PLAIN & Fancy COOKING

Filet Mignon Persilles with Burgundy Wine Sauce

From Ruth DeLillo, CEC,
Westwood Country Club, Williamsville, N.Y.



Ingredients:

1/4 cup fresh bread crumbs, toasted
1/4 cup grated Parmesan cheese
1 T. capers, minced
1 T. minced pimento
2 anchovy fillets, minced
1/2 tsp. minced garlic
1 T. olive oil
1 T. unsalted butter
1 T. minced fresh basil leaves
2 T. minced parsley
4 slices lean bacon (turkey bacon
can be substituted)

4 - 6 oz. filet mignon
2 T. olive oil
1 cup Burgundy wine
1 can brown gravy

To Prepare: To make the persille topping, combine bread crumbs and Parmesan cheese in bowl and set aside. In small saucepan, combine capers, pimento, anchovies, garlic, oil and butter. Cook over moderately low heat, stirring until butter melts.

(over)

Cool. Then stir into bread crumb mixture. Add basil, parsley and mix. Set aside. Wrap a slice of bacon around edge of each filet; secure with a toothpick. In a skillet, heat olive oil until very hot. Sear filets for 1 min. on each side. Remove from pan. After searing filets, discard excess grease and deglaze the pan with Burgundy wine; let reduce by half. Add 1 can brown gravy and bring to boil. While wine sauce is heating, top each filet with persille mixture and finish in 400° oven until desired doneness. Remove toothpick. To serve, place a pool of wine sauce on each plate and top with filet.

Show #105