



BIG B GROCERY

**YOUR LOCAL MEAT STORE
"AMERICAN OWNED AND OPERATED"**

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

Steaks

4 filet mignon steaks, 1 inch thick

1 tablespoon freshly ground black peppercorns

1/2 teaspoon kosher salt

Wine Mushroom Sauce

3 ounces chopped shiitake mushroom caps

1 tablespoon flour

1/4 cup shallot (minced)

1 tablespoon balsamic vinegar

1/3 cup red wine (I used Merlot, my favorite)

1 cup beef broth

2 teaspoons Worcestershire sauce

1 teaspoon tomato paste

1/8 teaspoon rosemary

1/2 teaspoon Dijon mustard

Directions

1. 1

Prepare Mushroom wine Sauce first and set aside: Combine Mushrooms and flour in a bowl and toss to coat and set aside.

2. 2

In a medium skillet, combine wine, shallots, and balsamic vinegar.

3. 3

Bring to a boil and cook until thickened.

4. 4

Reduce heat.

5. 5

Add broth, Worcestershire, tomato paste, and rosemary, stir to combine and cook 1 minute.

6. 6

Add mushrooms and cook 3 minutes, until mushrooms are tender.

7. 7

Stir in mustard.

8. 8

Serve sauce over Filet Mignon.

9. 9

Filet Mignon: Sprinkle steak with crushed black pepper and salt.

10. 10

Heat a non stick skillet over medium high heat or grill over a medium heat.

11. 11

Cook steaks for 3-5 minutes on each side until fillet is cooked the way you like it.

12. 12

Serve with sauce.

What can be better than fillet mignon? It's delicious and tender. This recipe calls for dried herbs though you can substitute with fresh herbs instead. If you are going to do so, double the amount that the recipe requires.

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

4 fillet mignon, about 1 1/2 inches thick

4 tablespoons olive oil

2 cloves garlic, minced

1 teaspoon rosemary

1 teaspoon thyme

1 teaspoon marjoram

1/4 teaspoon salt

1/4 teaspoon black pepper

Preparation:

Heat olive oil and garlic in a covered microwave safe bowl for 50-60 seconds. Remove and allow to cool. Add herbs and stir. Place filet mignon into a shallow glass dish. Pour herb mixture over and turn steaks to coat. Cover and let marinate for 1-4 hours in refrigerator. Preheat grill for high heat. Remove steaks, remove excess oil, and season with salt and pepper. Place on grill and cook for 5-6 minutes per side. Remove from heat and serve.

Cabernet Filet Mignon

2 (4 to 6 ounce) 1-inch thick filet mignon steaks

Olive oil

Coarse kosher salt, and freshly ground black pepper

1/2 cup cabernet wine (can substitute any dry red wine)

1 to 2 tablespoons butter

Buying Steaks: When buying steaks, buy the best grade of meat you can afford. Look for steak with fine texture and firm to the touch. You want the color to be a light cherry red color, not deep red. Also look for steaks that have marbling, as it is the thin threads of fat running through the meat that make it Prime and gives the wonderful flavor.

Check out Types of Steaks and Cooking Techniques for the Perfect Steak AT BIGB GROCERY MODESTO CA BILLINGS MT ANNISTON AL.

Bring steaks to room temperature before cooking. Coat steaks lightly with olive oil and season both sides with salt and pepper (press in with your hands). Be careful not to over season, as the seasonings are to enhance the flavor of the meat and not to cover it up.

Using the **Pan-Searing** or **Sear-Roasting** techniques (see below techniques), proceed to cook your steak to your desired doneness.

Use a meat thermometer to test for doneness:

Rare - 120 degrees F

Medium Rare - 125 degrees F

Medium - 130 degrees F

Add the wine to the pan and bring to a boil, scraping any pieces of steak off the bottom of the pan and stirring them into the emerging sauce. Let the liquid boil until reduced to approximately 1/3 cup.

Remove pan from heat. Add the butter and mix it in by swirling the pan. Pour the sauce over the steaks just before serving.

Makes 2 servings.

PAN-SEARING:

In a heavy frying pan (I use my cast-iron frying pan) over medium-high heat, heat 2 tablespoons olive oil. Sear the steaks, moving them with tongs a little so they don't stick to the bottom, for 5 to 6 minutes per side. When the steaks are crusty-charred and done to your liking, remove from the pan, cover loosely with aluminum foil and let rest 5 to 10 minutes before serving. During this time the meat continues to cook (meat temperature will rise 5 to 10 degrees after it is removed from the oven) and the juices redistribute; add juices that



accumulate from resting steaks to Cabernet-Cherry Sauce). Serve whole or slice thin and fan onto individual serving plates.

SEAR-ROASTING:

Preheat oven to 500 degrees F (a very hot oven produces a juicy interior). Place a 10- to 12-inch ovenproof skillet or cast-iron skillet in oven. When oven reaches 500 degrees temperature, remove pan

from oven and place on range over high heat (the pan and the handle will be extremely hot - be careful).

Immediately place steaks in the middle of hot, dry pan (if cooking more than one piece of meat, add the pieces carefully so that they are not touching each other). Cook 1 to 2 minutes without moving; turn with tongs and cook another 1 to 2 minutes.

Remove from heat and put the cast iron skillet with the steaks in it into the oven. Cook an additional 3 to 5 minutes, depending on thickness of steaks and degree of doneness you like.

When the steaks are crusty-charred and done to your liking, remove from the pan, cover loosely with aluminum foil and let rest 5-10 minutes before serving. During this time the meat continues to cook (meat temperature will rise 5 to 10 degrees after it is removed from the oven) and the juices redistribute (add juices that accumulate from resting steaks to Cabernet-Cherry Sauce). Serve whole or slice thin and fan onto individual serving plates.

Ingredients:

- 4 **Filet mignon**
- 1 small onion sliced
- 1/4 cup flour
- 1 tsp salt
- 1 tsp pepper
- 1/4 cup olive oil
- 3 cups mashed potatoes
- 1 tbsp fresh parsley

Directions:

Preheat the oven to broil. Heat the olive oil in a small saucepan. Dredge the sliced onion into the flour and place them into the saucepan. Deep fry the onions until crispy and brown. Season the **filet mignon** with salt and pepper and place them into the oven for 3-5 minutes per side. Remove the **filet mignon** from the oven and using an icing tool, squirt the mashed potatoes in a swirl on top of each **filet mignon**. Then place a handful of fried onions on top of the mashed potatoes.

Ingredients:

- 4 **Filet mignon**
- 1 small onion sliced
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp olive oil
- 1/4 cup red wine
- 1 tbsp fresh parsley
- 1 clove garlic minced

Directions:

Heat the olive oil in a skillet over medium high heat. Sear all sides of the **filet mignon**. Remove the **filet mignon** and place them on a hot plate. Add the onion, Worcestershire sauce, salt, pepper, fresh parsley and garlic to the skillet and fry for 3-4 minutes. Add the red wine to the skillet and bring it to a boil. Pour the sauce over each of the **filet mignon** to serve.

Ingredients:

- 2 **Filet mignon**
- 6 mushrooms sliced

- 1 tbsp butter
- 1 small onion chopped
- 1 celery stalk chopped
- 1 cup bread crumbs
- 4 slices bacon
- 1/4 cup red wine
- 1 tsp salt
- 1 tsp pepper

Directions:

Preheat the oven to broil. In a small skillet, melt the butter and saute the celery, onions, and mushrooms. Add the bread crumbs, salt, pepper and red wine. Slice the **filet mignon** almost in half and spread the stuffing mixture in between. Use a skewer to fasten the two sides together and place 2 slices of bacon on top of each **filet mignon**. Place the **filet mignon** into the oven to broil for 5-7 minutes or until done

Ingredients:

- 2 **Filet mignon**
- 2 slices bacon
- 1 tbsp butter
- 1 cup bearnaise sauce

Directions:

Preheat the oven to broil. Wrap bacon around each **filet mignon** and secure with a toothpick. Smear butter on each **filet mignon** and place them into the oven to broil for 5-7 minutes. Pour some bearnaise sauce on each **filet mignon** to serve.

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