

Beef

Merlot Filet Mignon

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Taste of Home Shortcuts Issue - August/September 2011

Servings: 2

Start to Finish Time: 20 minutes

2 8-ounce beef tenderloin steaks

3 tablespoons butter, divided

1 tablespoon olive oil

1 cup merlot wine

2 tablespoons heavy whipping cream

1/8 teaspoon salt

In a small skillet, cook the steaks in one tablespoon of butter and the oil over medium heat for 4 to 6 minutes on each side or until the meat reaches the desired doneness.

Remove and keep warm.

In the same skillet, add the wine, stirring to loosen browned bits from the pan.

Bring to a boil. Cook until the liquid is reduced to 1/4 cup.

Add the cream, salt and remaining butter.

Bring to a boil. Cook and stir for 1 to 2 minutes or until slightly thickened and the butter is melted.

Serve with the steaks.

Per Serving (excluding unknown items): 899 Calories; 81g Fat (81.7% calories from fat); 40g Protein; trace Carbohydrate; 0g Dietary Fiber; 226mg Cholesterol; 417mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Non-Fat Milk; 13 Fat.