
Peppered Filet` Mignon with Horseradish Cream

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 15 minutes

1/2 cup mayonnaise

2 tablespoons half-and-half

2 tablespoons prepared horseradish

2 tablespoons black pepper

1/2 teaspoon table salt

4 four-ounce beef tenderloin steaks (1/2 inch thick), trimmed

Preheat the broiler.

In a small bowl, combine the mayonnaise, half-and-half and horseradish. Set aside.

In a shallow dish, combine the pepper and salt. Dredge the steaks in the pepper mixture.

Place the steaks on a broiler pan coated with cooking spray.

Broil for 6 minutes. Turn the steaks over. Broil for 5 minutes or until the desired doneness.

Serve immediately with the horseradish cream.

Beef

Per Serving (excluding unknown items): 209 Calories; 24g Fat (93.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 472mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fat; 0 Other Carbohydrates.