



Bon Appetit (May 2007) Porcini- Crusted Tenderloin Filets with Fresh Herb Butter
(Adapted for 4 servings)

This easy preparation for Tenderloin Filets infuses our steaks with the wonderful rustic flavor of porcini mushroom. The herb butter adds a richness to finish the dish. If you prefer to grill, add the luscious butter at the end. I have adapted the recipe to cook the steaks in oil so you can cook at a higher heat. If you choose, cook the steaks in some of the herb butter at a lower heat for 1 minute longer.

Ingredients:

4-6 oz. 100% Grass fed Tenderloin Filet Steaks
1 (1/2 oz.) package of dried porcini mushrooms
Kosher salt and fresh black pepper

1 stick butter, unsalted and softened
2 tablespoons chopped fresh chives
1 tablespoon chopped fresh tarragon
1 small garlic clove, minced
1 tablespoon olive oil, peanut oil or grape seed oil

Preparation:

Remove steaks from packaging one hour before cooking. Process dried porcini mushrooms in a spice grinder to a fine powder. Transfer powder to a plate. Sprinkle steaks with salt and pepper. Rub a bit of olive oil on each steak. Then press steaks into porcini powder to coat both sides well. Set aside.

Mix remaining 4 ingredients in small bowl for herb butter. Set aside.

Heat cast iron pan to hot. Add a touch of oil to the hot pan and add the steaks to the pan. They should sizzle when they hit the pan. Turn the heat to medium high and cook for 2 ½-3-minutes per side for rare or 4-5 minutes per side for medium rare. Please do not overcook. Remove steaks to a plate and let rest for 2-3 minutes. Then transfer steaks to serving plates and put a rounded tablespoon of herb butter atop each steak.

Source: *Bon Appetit Magazine*, May 2007; website:

<http://www.epicurious.com/recipes/food/views/Porcini-Crusted-Filet-Mignon-with-Fresh-Herb-Butter-238284>