

Filets with Port & Mushroom Sauce



This simple to prepare meal will impress your guests and make you look like a gourmet cook!

Serves 4

4 ~ 6oz beef filets	4oz shiitake mushrooms, sliced	1T balsamic vinegar
1 1/2t pepper	1T flour	1 1/2c beef broth
1t salt	1/3c Port	1T Worcestershire sauce
non~stick cooking spray	3 shallots, finely minced	1t tomato paste
		1t Dijon mustard

Preheat oven to 350.

Mix together salt and pepper and rub all over both sides of filets. Let filets sit at room temperature at least 60 minutes before cooking. Spray non~stick, oven~proof skillet with non~stick cooking spray and heat on burner to very hot. Sear filets on both sides, about 2 minutes per side. Remove from heat and place steaks on plate.

In small bowl combine mushrooms with flour and mix well. In skillet combine Port, shallots and vinegar and bring to boil, cooking until mixture is thickened, about 3 minutes. Reduce heat, add broth, Worcestershire sauce and tomato paste. Cook for 1 minute. Add mushroom~flour mixture and cook 3 minutes, stirring constantly. Remove from heat and stir in Dijon.

Return medallions to skillet with sauce, place skillet in preheated oven and bake 10~12 minutes for medium doneness.

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