

Filet Mignon with Rich Balsamic Glaze

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Cooking Time: 20 minutes

Preparation Time: 40 minutes

Servings: 2



Ingredients:

2 4oz Filet Mignon Steaks

1/2 t Black Pepper, freshly ground

Salt, to taste

1/4 c Balsamic Vinegar, use a good one

1/4 c Red Wine, Merlot, Petite Sirah

Easy - 3

Categories: Main Dish Beef

Serving Ideas: We will have two wines with this dinner: 2007 Fraser Vineyard Cabernet Sauvignon and a 2011 Cold Springs Winery Merlot. Also Oven Roasted Idaho Yellow Baby Dutch Potatoes and Asparagus with Hollandaise Sauce.

Description: Beef tenderloin filets are browned and then cooked in red wine and balsamic vinegar for a quick and simple dinner for two.

Directions:

Sprinkle freshly ground pepper over both sides of each steak and sprinkle with salt to taste.

Heat a non-stick skillet over medium-high heat. Place steaks in the hot pan and sear for one minute on each side or until browned.

Reduce heat to medium-low and add the balsamic vinegar and the red wine. Cover and cook for 4 minutes on each side, basting with the sauce when you turn the meat over.

Remove the steaks to two warmed plates and spoon one tablespoon of glaze over each and serve immediately.

Start to Finish Time: 20 minutes