

Filet Mignons with Cognac-Cream Sauce

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1	tablespoon	paprika
1	tablespoon	garlic powder
1	tablespoon	dry mustard
1	tablespoon	rosemary
1 1/2	teaspoons	salt
1	teaspoon	freshly ground black pepper
4		filet mignon - 1.5" thick
1	tablespoon	olive oil
		sauce
1	tablespoon	unsalted butter
1		shallot - minced
2	tablespoons	fresh flat-leaf parsley - minced
2	tablespoons	cognac
1	tablespoon	dijon mustard
2	tablespoons	tomato paste
1	cup	beef stock
1/2	cup	heavy cream
		cayenne
		salt and pepper

Mix rub ingredients in a small bowl. Sprinkle all over meat, reserving 1 tablespoon. Let the steaks stand at room temperature for 15 minutes to 1 hour.

In a large, heavy frying pan over medium-high heat, heat the olive oil. Add the steaks and cook to the desired doneness, turning once, 3-5 minutes per side. Transfer to a platter and let rest, tented, while you make the pan sauce.

In the same pan over medium heat, melt the butter. Add the shallot and parsley and saute until the shallot is softened, 2-3 minutes. Remove the pan from the heat and add the cognac. Briefly return to heat to warm; then remove from heat and ignite, making sure overhead fan is off. When flame has burned out, return pan to high heat and whisk in the mustard, tomato paste, 1 tbspn rub, and beef stock. Cook, whisking often, to reduce sauce by 1/2, 4-5 minutes. Remove from heat and whisk in the cream and cayenne to taste. Add any juices from steaks and salt and pepper to taste.

Spoon sauce over steaks and serve.