

Prime Filet Mignon with Cabernet Mushroom Gravy

To make this delicious meal ask The Butcher for a Prime Beef Tenderloin

You will also need:

One and a quarter cups of Beef Stock

One teaspoon of Cornstarch

Two cups of Cabernet wine

Three Shallots; sliced

Twelve ounces of Baby Bella Mushrooms

Eight ounces of Shitake Mushrooms

A Bunch of fresh Thyme

Olive Oil and fresh ground Salt and Pepper.

Allow the Beef Tenderloin to come to room temperature. About 45 minutes.

Pre-heat the oven to 400 degrees fahrenheit.

Season the roast with olive oil, fresh ground salt and pepper. Place in a large roasting pan with quarter cup of beef stock sprinkled in the bottom.

Roast, uncovered for 45-55 minutes, depending on your wellness preference. Use a meat thermometer! Remove at 130 degrees internal temperature for rare, 135 for medium, and 140 for medium-well. Let the roast stand, loosely covered with foil, for ten minutes before slicing.

You can make this easy Cabernet Mushroom gravy while the beef is cooking. Sauté two tablespoons of butter and two tablespoons of olive oil in a large skillet. Add the sliced shallots and sauté for about two minutes. Add the sliced mushrooms and continue sautéing for another four minutes. Add one cup of beef stock and two cups of Cabernet wine. Bring mixture to a simmer over medium heat and cook for about eight to ten minutes. Add a tablespoon of fresh Thyme and continue to simmer for another five minutes. Remove the mushrooms to a bowl until beef is done. Just before slicing you can thicken the gravy with one teaspoon of cornstarch dissolved in two tablespoons of water. Whisk over medium high heat for about three minutes. Add the mushrooms to heat through.