

Recipe for Cremini Crema

15 Cremini Mushrooms, quartered
4 or 5 Shallots, sliced
5 Garlic Cloves, smashed & chopped
1 Tablespoon Cognac
1 1/2 Cups Heavy Cream
3 Tablespoons Butter
Olive oil
Salt & Pepper
Fresh Thyme for garnish

Method

Sauté the mushrooms in one tablespoon of butter and olive oil. Give them a minute or two to soften. Remove them to a separate dish.

Add another two tablespoons of butter to the saucepan. Over a low flame, sauté the shallots until softened. Add the garlic and continue to sauté for another minute. Season with salt and pepper.

Add a cup and a half of heavy cream and whisk. Add one tablespoon of cognac and continue to heat through until thickened. Now, you can add the mushrooms to the cream sauce and heat over low flame until nicely thickened. Turn off the flame and cover the saucepan until the filet roast is ready to be served.

Tip A Prime filet roast will take approximately 40 to 50 minutes in a 400-degree oven. Simmer your cream sauce while the roast is in the oven. Just don't over thicken. Cover it to stay warm as the roast cooks. Then, gently bring it back to temperature before pouring it over the sliced meat. Garnish with fresh thyme.