

Classic Steak Diane

Serves 2

4 (3-ounce) filet mignon medallions
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon unsalted butter
4 teaspoons minced shallots
1 teaspoon minced garlic
1 cup sliced white mushroom caps
1/4 cup Cognac or brandy
2 teaspoons Dijon mustard
1/4 cup heavy cream
1/4 cup reduced veal stock (or reduce 14 oz can of low sodium beef broth to 1/4 cup)
2 teaspoons Worcestershire sauce
1 tablespoon finely chopped green onions
1 teaspoon minced parsley leaves

Season the beef medallions on both sides with the salt and pepper.

Melt the butter in a large skillet over medium-high heat. Add the meat and cook for 45 seconds on the first side. Turn and cook for 30 seconds on the second side. Add the shallots and garlic to the side of the pan and cook, stirring, for 20 seconds. Add the mushrooms and cook, stirring, until soft, 2 minutes. Place the meat on a plate and cover to keep warm.

Tilt the pan towards you and add the brandy. Tip the pan away from yourself and ignite the brandy with a match. (Alternatively, remove the pan from the heat to ignite, and then return to the heat.) When the flame has burned out, add the mustard and cream mix thoroughly and cook, stirring, for 1 minute. Add the veal stock and simmer for 1 minute. Add the Worcestershire and stir to combine. Return the meat and any accumulated juices to the pan and turn the meat to coat with the sauce.

Remove from the heat and stir in the green onions and parsley. Divide the medallions and sauce between 2 large plates and serve immediately.