



TENDERLOIN

Filet with Peppercorn Sauce

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes
Servings: 2-3

INGREDIENTS

1 pound Grass Run Farms® Tenderloin steak
1 tablespoon salt
1 tablespoon pepper
1 tablespoon fennel
1 tablespoon coriander
2 tablespoons preferred cooking oil

For the peppercorn sauce:
1/3 cup medium-bodied red wine (Carméneré recommended)
Ground black peppercorn
1/3 cup sliced shallots
1/4 cup salted butter
1/4 cup beef au jus

PREPARATION

1. Preheat oven to 350 degrees Fahrenheit.
2. Heat a skillet pan to high heat.
3. Season grass fed tenderloin steak with a blend of salt, pepper, coriander and fennel.
4. Poor approximately 2 tablespoons of oil in the skillet pan and then place the seasoned tenderloins in the pan. Cook for 2-3 minutes on each side.
5. Scoop 3-4 tablespoons of butter and place in the pan with the steak. Toss the butter around the pan and coat the steak.
6. Take the steaks off the heat and place on a baking sheet. Roast in the oven for 6 minutes (for medium rare).
7. While the steaks are roasting in the oven, toss the shallots, ground black peppercorn, and au jus in the pan for 1 minute. De-glaze the pan with the red wine and reduce the liquid until it thickens and starts to bubble (WARNING, contents will be hot and may create flames).
8. Take off the heat, add a few tablespoons of additional butter to the pan and stir in with the liquid.
9. Grab the tenderloin steaks out of the oven and dress them with the sauce.

Recipe Courtesy of Chef Cory Bahr for Grass Run Farms
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