

GRASS RUN FARMS FILET WITH SALT & HERB CRUST

Served with mustard cream sauce and caramelized onions

4 servings

Credit - Chef Sean Leone

INGREDIENTS

Salt & Herb Crust

1 1/2 cups	panko breadcrumbs
1/2 cup	parmesan cheese, grated
6 T.	olive oil
3 cloves	garlic
2 T.	parsley, minced
2 T.	rosemary, picked
2 T.	fresh chives, chopped
2 T.	tarragon, picked and chopped
	salt and pepper, to taste

Mustard Cream Sauce

4 T.	olive oil
1/2	shallot, minced
6 cloves	garlic, minced
6 T.	brandy or cognac
2 cups	heavy cream
4 T.	dijon mustard (French style)
4 T.	whole grain mustard
15 oz.	beef stock or bone broth
2	lemons, juiced
6 T.	cold unsalted butter
1/4 bunch	parsley, minced
	salt and pepper, to taste

Caramelized Onions

2	white onions
4 T.	cold butter
1 T.	avocado oil
2 T.	fresh thyme, packed and minced
	salt and pepper, to taste

Assemble & Serve

2 T.	avocado oil
	salt
	cracked black pepper

Salt & Herb Crust

1. In a small sauté pan on medium-high heat, add oil and garlic.



2. Cook until the garlic is toasted and turns golden brown.
3. Remove from heat. Reserve the oil and set the garlic aside for another use.
4. Add the panko to the saute pan and toast until golden brown.
5. In a food processor, combine the panko, herbs, and parmesan cheese. Pulse to combine.
6. Season with salt and pepper.
7. Hold for crusting the filet.

Make the Mustard Cream Sauce

1. Heat the oil over medium heat.
2. Add the garlic and shallots and saute until aromatic.
3. Remove from heat and add the brandy or cognac to deglaze. Return to heat to burn off the alcohol.
4. Add the beef stock and lower to medium heat. Simmer until reduced by half.
5. Add the cream and reduce by almost half until it thickens. Add the juice of 2 lemons.
6. Whisk in the mustard and parsley, then turn off the heat.
7. Whisk in the cold butter to finish the sauce. Adjust seasoning.
8. Add the caramelized onions to the sauce.
9. Serve warm with the steaks.

Make the Caramelized Onions

1. Fine julienne the onions.
2. In a skillet over medium heat, add the butter.
3. Cook, stirring often, until the onions start to soften.
4. Reduce heat to medium and continue to cook, stirring often. Add the thyme.
5. Deglaze with a little water and steam the onions until deep golden, about 25 minutes.

Assemble & Serve

1. Heat a saute pan on medium-high heat and add oil to the pan.
2. When it starts to smoke, season the filet with salt and cracked black pepper.
3. Sear the top and bottom of the filet.
4. Remove from the heat.
5. Once cooled slightly, take the panko mixture and press it onto the sides of the filet to coat.
6. Place on a sheet tray lined with parchment and fitted with a roasting rack.
7. Place the filet in a 400°F oven and cook until the internal temperature reaches 120–125°F for medium-rare.
8. Remove from the oven and place on top of the warm mustard and onion sauce.
9. Garnish the top of the filet with more of the panko mixture.