

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Oh, so tender filet mignon

*The best cuts of beef could be debated for hours, but at the end of the day a great steak is determined by flavor and tenderness. Marbling — the little white flecks of fat within the lean beef — is a great predictor of both.*

### The dainty cut

Marbling melts during cooking, basting the beef from the inside out. It gives an added oomph of flavor to an already delectable *Certified Angus Beef®* (CAB®) brand steak. When you have an exceptionally tender cut, like the filet mignon, the final result is truly exceptional.

The term filet mignon is French for “dainty fillet.” The popular cut has appeared on U.S. menus since 1898 under various names, but in 1906 acclaimed author O. Henry coined the term in his book, *The Four Million*.

The filet mignon hails from the tenderloin and, fitting to its origin, is the most tender steak you can buy. Lean and juicy, it's an elegant choice with a mild flavor and delicate, melt-in-your-mouth texture. While the petite filet mignon may not be ideal for feeding a hungry herd of cowboys, it's an excellent choice for fine-dining occasions, multi-course meals or smaller appetites.

Order filet mignon the next time you dine out, or prepare one of these filet mignon recipes at home for a tender eating experience.



### Filet Mignon au Fennel

#### Ingredients:

- 4 (6-oz.) CAB® filet mignon
- ¼ cup flour
- ¼ cup butter
- ½ cup Marsala or dry sherry
- ½ cup dry red wine
- ½ cup beef stock
- 1 tsp. fennel seeds
- 1 Tbs. tomato paste
- salt and freshly ground pepper to taste

#### Instructions:

1. Season filets with salt and pepper; dust lightly with flour. Heat butter in large skillet over medium-high heat. Add filets; cook about 4 minutes on each side or until browned. Remove beef filets.
2. Holding pan away from heat, add Marsala and red wine. Return back to stove top; cook over medium-high heat until reduced by half. Add stock, fennel and tomato paste. Simmer until reduced by half; season with salt and pepper to taste.
3. Return filets to skillet and cook in sauce 3 to 5 minutes over medium-high heat for a medium degree of doneness. Place filets on warm serving plates and spoon sauce over each filet.

Serves 4.



### VIP Filet Sandwich

#### Ingredients:

- 1¼ lb. CAB® tenderloin roast
- 4 buttermilk biscuits, cut in half
- 4 Tbs. whole-grain mustard
- 16 spinach leaves
- 1 jar (1½ oz.) roasted red peppers, thinly sliced
- 3 Tbs. olive tapenade
- 1 tomato, thinly sliced
- salt and pepper to taste

#### Instructions:

1. Season filet with salt and

- pepper on all sides and grill over medium-high heat to desired doneness. Let rest 5 minutes and thinly slice.
2. To create sandwich, spread mustard on bottom half of biscuits. Top with sliced beef, 4 spinach leaves, red pepper and tomato slices. Spread tapenade on biscuit top to complete sandwich.

Serves 4.