

Chef CathyAnne's Steak Divine

Serves 4

- ❑ 2 lbs Tenderloin, cut into 1.5" to 2" cubes

MARINADE

- ❑ ½ cup grapeseed oil (or sunflower, canola, Avocado oil w. high smoke point)
- ❑ 2 tbsp. balsamic vinegar
- ❑ 1 tbsp. Worcestershire Sauce

Marinate meat in refrigerator at least 2 hours or best overnight.

SAUCE

- ❑ 2 tbsp. butter
- ❑ 4 oz. Crimini Mushrooms (Baby Bella brown mushrooms), sliced thin
- ❑ 1 medium onion, halved and sliced thin
- ❑ 4 tbsp. flour
- ❑ Salt and pepper to taste
- ❑ ¼ cup brandy
- ❑ 1 cup beef stock



Preheat teppanyaki on #5. When ready (orange light off), set to #9.

Coat cooking center with thin coat of grapeseed oil or toss meat with cooking spray or vegetable oil. Brown steak pieces on all sides, being careful not to overcook, seasoning as you go. When still pink in center, remove to warming area.

Reduce temperature down to #6 and gather sauce ingredients.

Melt butter, caramelize mushrooms and onion till well-browned. Season to taste. Now add the flour 1 tbsp at a time and incorporate into butter/mushroom/onion mix until smooth. Carefully and slowly add the brandy. Stir and blend till incorporated. Slowly add half of the beef stock, gently stirring with a straight-edge spatula till incorporated and smooth. Repeat with remaining half of stock.

Continue to cook for approximately 6 – 8 minutes until sauce is reduced and nicely thickened. Add meat back into sauce, mix to coat and serve. **Switch the teppanyaki off.**

Suggested sides: Serve over rice, linguine noodles or mashed potatoes.

TIP:

Ahead of time, bake Russet Bakers (4) or use microwaveable baked potatoes. When ready to serve, slit potato and pinch to open. Spoon a quarter of Steak Divine over 1 potato; dollop with sour cream or crème fraîche, and sprinkle with chopped chives.



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