



Recipes

PROGRAM 6 - SEGMENT 3

12 Washington Restaurant Recipes

FILET MIGNON WITH GREEN PEPPERCORN SAUCE

Serves 1

INGREDIENTS

8oz Fillet Steak
1 TBSP Butter
Salt & Pepper
½ Cup Rich Beef Stock
¼ Cup Heavy Cream
1 TSP Green Peppercorns
2 TBSP Dijon Mustard

VEGETABLES

Selection of side vegetables (sweet corn/steamed carrots/potatoes Anna)

METHOD

Melt butter in a hot pan.

Add seasoned steak and fry on both sides until nicely browned and cooked to your liking. Remove steak and finish on a char grill if desired.

Place green peppercorns in the pan with pan juices; add some heavy cream and a ladle of hot beef stock. Bring to boil.

Arrange fresh sautéed corn, carrots and potatoes on a serving plate with the Filet, topped with the green peppercorn sauce.

**All recipes displayed with kind permission from 12 Washington Restaurant.
Results may vary.**