

SEDUCTION FILET MIGNON WITH FORAGED MUSHROOM RISOTTO

For our 2016 Valentine's Day Dinner Dance, Chef Jeffrey Jake from Silverado Resort & Spa has selected two recipes that pair perfectly with our 2012 Seduction, Bordeaux-style red blend.

Risotto Preparation

Ingredients:

6 cups chicken stock
1/4 cup + 2 TBLS St Helena
extra-virgin olive oil
1 small Spanish onion, finely
chopped
Salt and freshly ground pepper
1 1/2 cups carnaroli rice (10
ounces)
1/2 cup **Seduction Cabernet**
2 tablespoons unsalted butter
1 pound chanterelle mushroom,
sliced
1 shallot, minced
1/2 cup freshly grated Parmesan
2 tablespoons chopped flat-leaf
parsley

Method:

- In a medium saucepan, bring the chicken stock to a simmer. Keep warm.
- In a large saucepan, heat 1/4 cup olive oil. Add the onion, season with salt and pepper and cook over moderate heat, stirring, until onion is translucent, about 5 minutes. Add the rice and cook, stirring, for 2 minutes. Add the wine and stir until the wine is absorbed. Add 1 cup of the warm stock and cook over moderate heat, stirring constantly, until nearly absorbed.
- Continue adding the stock 1/2 cup at a time, stirring constantly, until it is nearly absorbed between additions. The risotto is done when the rice is al dente and suspended in a thick, creamy sauce, approximately 20 minutes total. Season with salt and pepper.
- In a large skillet, melt the butter and 2 TBLS olive oil. Add the mushrooms and sauté to release water. Add shallot, season with salt and pepper and cook over moderately high heat, stirring occasionally, until lightly browned.
- Toss the mushrooms into the risotto and stir in the cheese and parsley.

Filet Mignon Preparation

Ingredients:

2 ea 6-7 oz filet
2-3 tbsp unsalted butter
1-2 sprig fresh thyme
1 clove crushed unpeeled garlic
Sea salt and fresh ground pepper

Method:

- Lightly oil the skillet and pan sear the seasoned filets at medium-high heat. Cook for a total of 8 to 10 minutes, depending on their thickness or when the internal meat temperature reaches 118° (medium rare).
- Turn the filets every 1 1/2 to 2 minutes or at even shorter intervals, so they'll cook evenly. As the meat gets closer to desired temperature, add two tablespoons unsalted butter, a sprig of thyme and a crushed clove of unpeeled garlic in the bottom of the skillet. Tilt the pan up moving the beef away from heat and continually baste the filet by spooning the browning butter and herbs over the beef, to create the desired rich dark crust and flavor profile.