



Steak Diane

Ingredients

1 tablespoon unsalted butter
1/2 tablespoon extra-virgin olive oil
4 (3-ounce) beef tenderloin medallions, pounded 3/4 inch thick
Kosher salt and freshly ground black pepper
1 small shallot, minced
1 garlic clove, minced
1/4 pound button mushrooms, sliced 1/4 inch thick
1/4 cup Cognac or other brandy
2 teaspoons Dijon mustard
1/4 cup heavy cream
1/4 cup veal demi glace
2 teaspoons Worcestershire sauce
1 tablespoon finely sliced green onion
1 teaspoon finely chopped fresh flat-leaf parsley
Hot sauce

Directions

In a large skillet, melt butter with olive oil. Season meat with salt and pepper to taste and cook over high heat until lightly browned on the bottom, about 1 minute. Turn medallions and cook for 45 seconds longer, then transfer to a plate and tent with foil. Add shallot and garlic to the skillet and cook over moderate heat, stirring, about 20 seconds. Add mushrooms, season with salt and pepper to taste, and cook until softened, about 2 minutes. Remove pan from heat, add Cognac, and carefully ignite it with a long match. When flames die down, add mustard and cream and stir over moderate heat for 1 minute. Whisk in the veal demi glace, Worcestershire sauce, green onion, and parsley, and season with salt, pepper, and hot sauce to taste. Add meat and any accumulated juices to the saucepan and turn to coat. Simmer until heated through, about 1 minute. Transfer meat to plates, spoon sauce on top, and serve.