

Tournedos of Beef Marchand de Vin



Ingredients

- 4 (3-ounce) medallions of filet mignon
- 1/4 cup flour
- 1/4 cup butter
- 1/4 cup red onion, diced
- 1 tbsp garlic, minced
- 1/4 cup green onions, sliced
- 1/2 cup mushrooms, sliced
- 1/2 cup red wine
- 3 cups beef broth
- salt and pepper to taste

Method

In a sauté pan, melt butter over medium-high heat. Season medallions lightly with salt and pepper and dust in flour, shaking off all excess. Sauté in butter until golden brown on each side, but do not burn the butter. Move the medallions over to one side of the skillet then add red onions, garlic, green onions and mushrooms. Sauté 2-3 minutes or until vegetables are wilted. Add red wine to deglaze pan and reduce to 1/4 cup. Add beef broth, bring to a rolling boil and reduce to approximately 1 cup, turning beef occasionally. Season sauce with salt and pepper.

