



*Filet Mignon with Seared Scallop & Cauliflower Mash
& Red Wine's Reduction*

Filet mignon may bring to mind fancy steakhouses or extravagant price points, but I'm here to dispel any fear: it's actually surprisingly easy to perfect this steak dinner at home. With only a few ingredients and the right technique, you can recreate the steakhouse classic for your holiday dinner, date night, or dinner party—no fancy restaurant required. While this dinner may not be difficult to make, because of its steep price tag, you want to make sure you do it right to achieve that desired melt-in-your-mouth-texture. Follow my top tips and tricks to learn just how to perfect this prime steak right at home:

Ingredients

Filet

- 2 Tbsp. extra-virgin olive oil
- 4 (6-oz.) filet mignon
- Kosher salt
- Freshly ground black pepper
- 4 Tbsp. butter
- 1 Tbsp. roughly chopped rosemary
- 4 U-10 Sea Scallops

Red Wine Reduction

- 2 tablespoons olive oil
- 1 shallot, diced
- 1 cup pinot noir wine
- 1 cup beef broth
- 1 tablespoon butter
- 1 tablespoon Italian seasoning
- 1 pinch salt to taste (Optional)

Cauliflower Mash

6 cups (810 grams) cauliflower florets
8 garlic cloves
1 cup (120 grams) shredded Cheddar
1/4 cup (60 milliliters) heavy cream
2 tablespoons salted butter, plus more for serving
1/4 teaspoon sea salt, plus more to taste
1/8 teaspoon freshly ground black pepper, plus more to taste

Procedure

Red Wine Reduction

Step 1

Heat olive oil in a small saucepan over medium heat. Cook shallot in hot oil until golden brown, about 5 minutes.

Step 2

Add wine into the saucepan; cook, stirring regularly, until reduced in volume by half, 3 to 4 minutes.

Step 3

Stir in beef broth. Reduce heat to medium-low and cook at a simmer until slightly reduced, about 5 minutes.

Step 4

Stir butter and Italian seasoning into the sauce; cook until butter is completely melted, 2 to 3 minutes. Season with salt.

Set Aside Until Plating

Cauliflower Mash

Step 1

Bring an inch of water to a boil in a large saucepan. Place the cauliflower in a steamer basket set over the boiling water. Cover and steam for about 5 minutes, until the florets are fork tender. Transfer the florets to a high-powered blender or food processor.

Step 2

Add garlic, cheese, heavy cream, butter, salt and pepper to the cauliflower. Blend until smooth and creamy, 1 to 2 minutes. After 1 minute, if there are still chunks, use a rubber spatula to scrape down the sides, then process again until light, fluffy and completely smooth. Taste and adjust the seasoning if needed.

Let the mash sit for 2 minutes to settle. Top with chives. Set Aside to keep warm

Filet

Step 1

Preheat oven to 400°. In a large skillet over medium-high heat, heat oil. Season steak with salt and pepper on both sides. When oil is just about to smoke, add steak. Cook until very seared, about 5 minutes, then flip and add butter and rosemary. Baste with butter and cook another 3 to 5 minutes.

Step 2

Transfer skillet to oven and cook until cooked to your liking, about 5 minutes for medium. Pro tip: Check the temperature of your meat before transferring to the oven to see how far you are from the desired temperature. If you are within 10 degrees, you may need even less time. If your steak isn't done after 5 minutes, check every couple of minutes so you don't risk over cooking.

Step 3

Remove from pan and let rest 5 minutes

Seared Scallop

Step 1

Add some olive oil and a knob of butter to a hot pan. Place scallop in the pan for 2 minutes then turn over for 2 minutes on the second side.

Step 2

Set seared scallop aside on a clean plate to rest before plating.

Plating

Step 1

In the center of a dinner plate place a portion of Cauliflower Mash

Step 2

Place filet in the center of the cauliflower

Step 3

Drizzle some red wine reduction over the filet then place scallop gently on top of the filet

Step 4

Drizzle a small amount of the reduction around the plate

Step 5

Decorate the scallop with a small sprig of rosemary

Chef Note: For more garnish dice red and green bell peppers very small and sprinkle over the plate to decorate.