

House Rub Filet Mignon
With Cabernet Potato Pancakes and Grilled
Asparagus

(Dinner For you and someone you love)

Filet Ingredients (5 minutes):

1 teaspoons black peppercorns
1/8 teaspoon dried rosemary
1/2 teaspoon dry mustard
1/4 teaspoon kosher salt
1/4 teaspoon garlic powder
2 tablespoons gluten free Cabernet Wine Flour
2 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)
Cooking spray

Filet Directions (Approx 10 minutes):

Prepare frying pan. Pre-heat Oven to 350.
Place peppercorns and rosemary in a spice or coffee grinder; pulse until the pepper is coarsely ground. Combine pepper mixture, dry mustard, salt, and garlic powder and wine flour; rub evenly over both sides of steaks. Place steaks on a frying pan coated with cooking spray, and 3 minutes on each side. Place on oiled baking sheet and finish in the oven for 3 minutes for medium-medium rare.

Asparagus Directions (5 minutes):

Grill desired amount of Asparagus in the same frying pan as the filet. Drizzle two tablespoons of grape-seed oil over the asparagus. Fry for 2 minutes each side or until desired consistency.

Potato Pancake Ingredients (5 minutes):

2 cups mashed potatoes (approximately)
2 Eggs
¼ Cup Gluten Free Cabernet Wine Flour
salt- pepper & garlic powder to taste
¼ cup chives (optional)
¼ cup shredded cheese (optional)
Grape-seed oil for frying

Potato Pancake Directions (30 Minutes):

Mix eggs, wine flour, salt, pepper, garlic powder and your optional ingredients into the mashed potatoes.
Pre-heat frying pan and added a couple of tablespoons of grape-seed oil.
(Make sure the mixture is not too thin!- add another tablespoon of wine flour if necessary).
Pour a fourth of a cup of batter into pan- the batter will be slightly purple- you'll know that they are done when both sides have been slightly browned.

Prep time: 15 minutes ; Total cook time: 45 -55 Minutes
Easy-Medium