



Filet Mignon Roast with Green Peppercorn Sauce and Yorkshire Pudding

4 servings Prep time: 30 minutes (includes chill time) Cook time: 45 minutes

Filet Mignon Roast

- 1 3/4 pounds – 2 pounds of center-cut Beef tenderloin / Filet Mignon (choice grade or better)
- 1 tablespoon salt
- 1 tablespoon cracked black pepper
- 2 sprigs rosemary
- 3 sprigs thyme
- 3 large garlic cloves, smashed and skin removed
- 1/4 cup beef tallow

Yorkshire Pudding

- 2 large eggs
- 3/4 teaspoon salt
- 3/4 cup AP Flour
- 1/2 cup whole milk

Green Peppercorn Sauce

- 2 tablespoons minced shallot
- 1 tablespoon green peppercorns (in brine, not dried)
- 1/3 cup demi glaze
- 1/3 cup heavy cream
- 2 tablespoons bourbon
- salt and pepper to taste

Directions

Filet Roast Directions

1. Start by preheating an oven to 425 degrees.
2. Season your Filet of Beef Roast on all sides with Kosher salt and black pepper. I like my roast trussed so it keeps its shape and cooks evenly.
3. Using a heavy-duty pan or even a quality cast iron skillet, add beef tallow over high heat. When you start to see smoke, add the filet and sear on all sides.
4. When you flip the filet on its last side to be seared, add the whole herbs and garlic, roast lightly in the tallow, then place on top of the roast and remove from the pan to be placed in the oven. I like to do this on a baking sheet lined with a wire rack.
5. Turn off heat and pour off pan drippings to be used for Yorkshire pudding.
6. Roast in the oven for 15-20 minutes or until medium rare (or however you prefer your steak). Medium rare will have an internal temp of about 132-135 degrees, so use a digital thermometer and pull around 128 degrees, and the temperature will carry up.
7. Let roast rest for at least 10 minutes before cutting into portions.

Yorkshire Pudding Directions

1. In a medium-sized bowl, combine egg, milk, salt, and flour and mix well until smooth. It should be the consistency of a very thin batter, almost like a thin crepe batter. Set aside to rest in the refrigerator for 30 minutes to 1 hour.
2. In a hot oven set to 425 degrees, place a muffin pan with about 1 -2 teaspoons of reserved tallow drippings into each section of the muffin pan; put into a hot oven for 15-20 minutes; the tallow needs to be very hot before adding the batter
3. After the tallow is hot from the oven, carefully remove the muffin pan from the oven and immediately pour in the batter, filling each section a little more than halfway. Place the pan back in the oven and bake for 15 – 20 minutes.
4. Yorkshire pudding is best served immediately as it will deflate over time, so I like to add the batter just before I pull my roast out of the oven to rest.
5. Serve right away

Peppercorn Sauce Directions

1. Make a quick pan sauce when Filet Mignon rests, and Yorkshire pudding rises in the oven.

2. Return the pan used to sear Filet Mignon roast back over medium heat, sweat shallots, and then deglaze with bourbon.
3. Add green peppercorns, demi-glace, and finally, the cream. Swirl around the pan until the sauce starts to bubble and come together. It should be thick enough to coat the back of a spoon.

To Serve

1. Cut the Filet roast into four equal portions.
2. Serve each portion of Filet Mignon with 1 or 2 Yorkshire puddings and whatever other sides you like; with this dish, I just sauteed up some fresh baby spinach with a touch of leftover tallow, fresh garlic, and salt.
3. Spoon sauce over steak and Yorkshire puddings, serve immediately, and enjoy!



