

## Grilled Filet Mignon with Cognac Mustard Cream Sauce



(8) 1" thick filet Mignons	1 pinch of Cayenne pepper
1 tablespoon unsalted butter	Fresh ground black pepper
1 shallot minced	1 long kitchen match
1 tablespoon fresh Parsley, minced or pinch dried	1 tablespoon tomato paste
1/2 cup heavy cream or cream	1 cup low sodium beef broth or stock
1 spring fresh Thyme or pinch dried	3 tablespoons Cognac or Brandy
5-6 tablespoons Dijon mild mustard, maybe substitute with regular Dijon	2-3 tablespoons

Preheat grill to 400 degrees.

**To Make Sauce:** Turn off overhead fan, if on.

Sautee shallots in butter 2-3 minutes. Put Cognac in a cup, remove pan from heat, add Cognac, stand back and light Cognac with kitchen match. Return pan to medium heat (flame should go out quickly) and whisk in the mustard, parsley, thyme, tomato paste, and broth. Simmer 3-4 minutes, remove pan from heat and whisk in the cream and cayenne. Taste for salt and pepper. Graciously pour over grilled filet and serve for favorite side dish.

Grill filet 4 minutes each side for medium. **Grill filet after sauce is completed.** Set filet aside and let it rest for 10 minutes cover.

**Serve with Reustle-Prayer Rock Vineyards 2007 Pinot Noir**  
Recipe provided by friend, chef & wineclub member Jake Sewell