



Brandon Rodgers'

James Beard Nominated
Best Chef of California

Recipe

FILET MIGNON

WITH CHARRED
SCALLION DEMI SAUCE

Brandt Beef Recipe Collection





Recipe

FILET MIGNON WITH CHARRED SCALLION DEMI SAUCE



INGREDIENTS:

- 3 (8oz.) Brandt Beef Prime Filet Mignon
- 3 (5g) pieces Ginger – peeled, sliced
- 3 (5g) pieces Scallion
- 3 Garlic cloves – peeled, crushed
- 15g Vegetable oil
- Kosher salt
- Black peppercorn freshly milled

EQUIPMENT:

- PolyScience Circulator
- 11" ProBond Hestan Saute pan
- Cryovac machine or food saver machine

TECHNIQUE:

STEP 1

- Set up a water circulator at 135°F.
- Rub the filets with vegetable oil.
- Season with salt and pepper.

STEP 2

- Place each filet into a food safe cryovac bag with a piece of ginger, scallion and garlic on top of each.
- Vacuum air from the bag and seal.

STEP 3

- Submerge the bag into the water and cook for 30 minutes.

STEP 4

- Drain the filet from the bag.
- Reserve ginger, garlic and scallion.
- Pat the filet dry with a paper towel.

STEP 5

- Heat saute pan with vegetable oil until smoking hot.
- Place the filets in the pan, keeping them as far apart as possible.
- Add garlic, ginger and scallion from the bag to the pan.
- Sear for 1 minute.

STEP 6

- Flip the filet and sear for 1 minute.

STEP 7

- Remove filet and proceed to make the Charred scallion demi sauce. OR add the finished charred scallion demi sauce to the pan.

STEP 8

- Place the filet back in the pan and quickly spoon the sauce over the beef a few times to fully glaze.
- Slice the steak or serve it whole.



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