

Tournados of Beef with Cabernet-Blue Cheese Sauce

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Servings: 4

MEDALLIONS

4 (8 ounce) beef tenderloins or filet mignon

pinch salt

pinch pepper

3 tablespoons olive oil

4 ounces blue cheese (for serving)

CABERNET?BLUE CHEESE SAUCE

2 whole shallots, peeled and finely chopped

1 clove garlic, pressed or finely chopped

1 bay leaf

4 black peppercorns, crushed

1 cup Cabernet Sauvignon wine

1 cup strong beef broth

1 tablespoon cornstarch

2 tablespoons cold water

4 ounces blue cheese

Cut each steak into two medallions, four ounces each. Salt and pepper lightly.

Heat the oil in a large skillet or cook on a grill, until very hot. Add the steaks and cook over high heat for 2 to 3 minutes per side, or to a desired doneness. (Do not crowd in the pan. The meat will steam and turn an unattractive color.)

Lift the medallions and transfer to a serving platter to keep warm.

TO MAKE THE SAUCE: In a small saucepan, combine the shallots, garlic, bay leaf, peppercorns and wine. Boil until the liquid is reduced by three-fourths. Add the beef broth and simmer for 20 minutes.

Mix the cornstarch in cold water. Pour it into a pitcher, then strain it back into the pan. Mix a little of the hot sauce with the cornstarch paste, then return it to the saucepan and cook for 1 minute.

Whisk in four ounces of the blue cheese, keep hot but DO NOT BOIL.

To serve: Place the meat on a serving plate, top with the sauce and equally divide the four ounces of blue cheese.

Beef

Per Serving (excluding unknown items): 202 Calories; 18g Fat (80.6% calories from fat); 6g Protein; 4g Carbohydrate; trace Cholesterol; 397mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 3 Fat.