



FASTER | UPDATED

Beef Filets with Mushroom Sauce and Parmesan Popovers

POPOVERS:

- 1 cup fat-free milk
- 2 large eggs
- 4.5 ounces all-purpose flour (about 1 cup)
- 1/2 teaspoon kosher salt
- Cooking spray
- 2 tablespoons grated fresh Parmigiano-Reggiano cheese

SAUCE:

- 1/2 ounce dried porcini mushrooms
- 2 cups boiling water
- 1 1/2 teaspoons olive oil
- 1/3 cup thinly sliced shallots
- 4 ounces sliced fresh cremini mushroom caps (about 2 cups)

- 2 garlic cloves, minced
 - 1/4 teaspoon kosher salt
 - 1/4 teaspoon black pepper
 - 1/2 cup pinot noir
 - 2 tablespoons all-purpose flour
 - 2 tablespoons chopped fresh sage
 - 1 tablespoon chopped fresh thyme
- BEEF:**
- 1 tablespoon olive oil
 - 6 (4-ounce) beef tenderloin steaks
 - 1 teaspoon kosher salt
 - 1/2 teaspoon black pepper

1. Preheat oven to 400°.
2. Combine milk and eggs in a bowl. Weigh or lightly spoon 4.5 ounces flour into a dry measuring cup; level with a knife. Add flour and 1/2 teaspoon salt to milk mixture, stirring well; let stand 30 minutes. Place popover tin in oven for 5 minutes. Remove tin from oven; lightly

coat popover cups with cooking spray. Spoon 1/4 cup batter into each cup, and sprinkle with cheese. Bake at 400° for 35 minutes or until puffed and golden.

3. Place porcini mushrooms in a bowl, and cover with 2 cups boiling water. Let stand 15 minutes. Drain through a sieve over a bowl, reserving mushrooms and soaking liquid. Heat a large saucepan over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add shallots to pan; sauté 1 minute, stirring frequently. Add cremini mushrooms to pan; sauté for 2 minutes or until almost tender. Add garlic to pan; sauté 30 seconds, stirring constantly. Stir in porcini, 1/4 teaspoon salt, and 1/4 teaspoon pepper; sauté 1 minute, stirring frequently. Add wine to pan; bring to a boil. Cook until liquid almost evaporates (about 3 minutes). Sprinkle 2 tablespoons flour over mushroom mixture; cook for 1 minute, stirring frequently. Gradually add the reserved mushroom soaking liquid, stirring constantly; bring to a simmer. Cook 2 minutes or until slightly thick, stirring frequently. Stir in herbs.

4. Heat a large skillet over medium-high heat. Add 1 tablespoon oil. Sprinkle beef with 1 teaspoon salt and 1/2 teaspoon pepper. Add beef to pan; sauté 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 10 minutes. Yield: 6 servings (serving size: 1 steak, 1 popover, and 1/3 cup sauce).

CALORIES 405; **FAT** 19.9g (sat 6.9g, mono 9.1g, poly 1.2g); **PROTEIN** 29.7g; **CARB** 24.8g; **FIBER** 1.5g; **CHOL** 146mg; **IRON** 3.6mg; **SODIUM** 675mg; **CALC** 113mg

WINE NOTE



Beef Filets with Mushroom Sauce and Parmesan Popovers pairs well with 2007 Bodega Catena Zapata Malbec from Mendoza, Argentina (\$20). It has a smooth tobacco aroma that opens into deep waves of vanilla and cassis—filled out by roasted plums and caramelized grapefruit.

—Alexander Spacher