

4. Heat a large skillet over mediumhigh heat. Add 1 tablespoon oil. Sprinkle beef with 1 teaspoon salt and ½ teaspoon pepper. Add beef to pan; saut 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 ½ cup sauce).

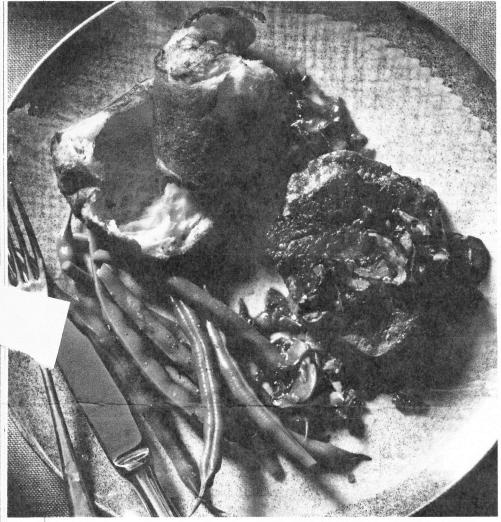
CALORIES 405; FAT 19.9g (sat 6.9g, mono 9.1g, poly 1.2g); PROTEIN 29.7g; CARB 24.8g; FIBER 1.5g; CHOL 146mg IRON 3.6mg; SODIUM 675mg; CALC 113mg

## WINENOTE



Beef Filets with Mushroom Sauce and Parmesan Popovers pairs well with 2007 Bodeaga 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 Spache



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

11/2 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

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 ½ teaspoon salt to milk mixture, stirring well; let stand 30 minutes. Place popover tin in oven for 5 minutes. Remove tin from oven; lightly

Ma

38 1/4 1/4

4

1 c

1 c

1 ts

4 6

1 c