

Beef Medallions & Mushroom Sauce

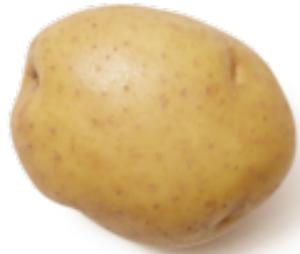
with Mashed Potatoes



In this easy recipe, inspired by steak Diane (an American restaurant classic), we're searing beef medallions, then using the fond in the pan to make a rich, bright mushroom sauce for spooning on top. Garlic mashed potatoes and sautéed kale make for delicious, simple sides.

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BLUE APRON WINE PAIRING



4 oz Cremini Mushrooms

¾ lb Yukon Gold Potatoes

tried-and-true

kitchen tools



Slotted Spatula

Master your flipping skills with this commercial-grade slotted turner. This spatula is designed for delicate fish, but we use this versatile tool for anything that requires a deft hand for tricky flipping, such as over-easy eggs, paper-thin crepes or even a burger. With its low-angled beveled edge and flexible blade, this turner slips easily between the pan and your dinner, ensuring even the most delicate meal remains in picture-perfect condition.

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1 Prepare the ingredients:

Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Large dice the **potatoes**. Peel the **garlic**. Using the flat side of your knife, smash 1 clove to flatten. Roughly chop the remaining clove. Peel and thinly slice the **shallot**. Remove and discard the stems of the **kale**; roughly chop the leaves. Thinly slice the **mushrooms**.



2 Cook & mash the potatoes:

Add the **diced potatoes** and **smashed garlic** to the pot of boiling water and cook 13 to 15 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Add **half the butter** and a drizzle of olive oil. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.



While the potatoes cook, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened. Add the **chopped kale** and **1/4 cup of water**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale has wilted and the water has cooked off. Transfer to a bowl and season with salt and pepper to taste. Cover with aluminum foil to keep warm. Rinse and wipe out the pan.



While the potatoes continue to cook, pat the **beef** dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and cook 2 to 3 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest for at least 5 minutes.



5 Make the mushroom sauce:

While the beef rests, add a drizzle of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **sliced mushrooms** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned. Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **mustard**, **verjus**, and **2 tablespoons of water** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat and stir in the **remaining butter** until melted. (If the sauce seems too thick, gradually add up to 2 tablespoons of water to achieve your desired consistency.) Season with salt and pepper to taste.



Serve the **rested beef** with the **mashed potatoes** and **cooked kale**. Top the beef and potatoes with the **mushroom sauce**. Enjoy!