

Grilled Filet Mignon with Burgundy Sauce (Gluten Free*)



Demi Glace enhanced with red wine perfectly complements grilled beef.

Yield	12-1/2 lbs. (10/20oz servings)
Serves	10
Preparation time	15 minutes
Cooking time	25 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
100	oz	10	fillets	Beef fillet, raw	Mignon
1.5	oz	3	tbsp	Butter	
40	oz	2	-1/2 lbs	Green beans	cleaned, blanched and sautéed
40	oz	2	-1/2 lbs	Potatoes	prepared au gratin
4	oz	1/2	cup	Red wine	
16	oz	2	cups	<u>Minor's® Beef Demi Glace Gluten Free 4x5lbs (Pouch)</u>	thawed

Preparation Steps

1. Grill steak to desired temperature.
2. Sauté green beans in butter and reserve. Combine reduced red wine with Demi Glace. Simmer for 10 - 12 minutes or until sauce has desired consistency.
3. Plate steak with au gratin potatoes, green beans and top with red wine demi glace.

Chef's tip

*When using Gluten Free ingredients, recipes, and proper back of house procedures.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	468.8
Energy (KJ)	1968.1
Protein (g)	71.6
Carbohydrate, total (g)	22.5
Fats, total (g)	10
Sugars, total (g)	4.1
Fats, saturated (g)	4.9
Fiber, total dietary (g)	5.6
Sodium (mg)	382
Calcium (mg)	63.4
Cholesterol (mg)	108.5
Iron (mg)	8.7
Vitamin A (µg_RAE)	159.3
Vitamin C (mg)	42.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

