



## Sautéed Beef Tenderloin with Mushroom Marsala

### Mushroom Marsala Sauce

#### INGREDIENTS

2 Tablespoons Shallots, minced  
1 Tablespoon Garlic, fresh, minced  
2 cups Mushroom, sliced  
1 teaspoon Thyme, fresh, chopped  
4 ounces Marsala wine  
1 ½ cups Veal stock or brown sauce reduced  
2 Tablespoons Half and half  
1 Tablespoon Parsley, fresh, chopped  
½ teaspoon Salt  
½ teaspoon White pepper  
¼ cup Cold water  
2 Tablespoons Cornstarch (mix with cold water to make slurry)

#### PREPARATION:

- Heat sauce pan; spray with cooking spray.
- Sauté shallots for about two minutes on medium heat.
- Add garlic, mushrooms and thyme; sauté for another two minutes.
- Add Marsala wine and let reduce for about 1 minute.
- Add the veal stock, or beef stock, parsley, salt, and pepper; then let this reduce by 1/2 for approximately 5 minutes.
- Add a cornstarch slurry if a thicker consistency is desired. Slurry is corn starch and cold water about one to one ratio.

**Chef's Note:** This technique can be used with any type of liquor or wine. This sauce goes well with chicken breast, beef tenderloin as well as pork tenderloin.

**Number of servings: about 6**

**Serving size: 2 ounces**

**Calories: 50**

**Fat grams: 3**

### Grilled Herb Rubbed Fillet

#### INGREDIENTS:

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2 each Beef tenderloin, cut into 4 ounce portions, trimmed  
1 teaspoon Rosemary, fresh, chopped  
1 teaspoon Thyme, fresh, chopped  
¼ teaspoon Salt  
¼ teaspoon Crushed black pepper  
1 each Non stick pan spray

## PREPARATION:

- Preheat grill, cast iron skillet, or sauté pan.
- Season filets on both sides
- Lightly spray pan with non stick pan spray
- Once heat source is hot, place filets on cooking surface.
- If grilling or using a cast iron skillet with ridges, make cross hatches by placing filet on surface for about 4 minutes, then turning the filet 45 degrees on the same side.
- Flip filet over and repeat. This should achieve a medium rare filet.

***Chef's Note:** Remember that different thicknesses will determine cooking time. If filet is really thick, you may want to grill mark it and then finish cooking in the oven. Medium rare reaches about 135 degrees internally.*

**Number of Servings: 2**

**Serving Size: 1 filet**

**Calories: 190**

**Fat Grams: 8**

