

THE VIEW

RESTAURANT



Filet Mignon with Balsamic Glaze

*Presented by Chef Thomas King
The VIEW Restaurant at EastDell Estates Winery*

Prep Time: approximately 20 minutes **Serves:** 2

Ingredients:

2 Filet Mignon Steaks

½ tsp pepper (to taste)

Salt to taste

¼ cup balsamic vinegar

½ cup Shiraz

Preparation:

Sprinkle freshly ground pepper over both sides of each steak, and sprinkle with salt to taste. Heat a non-stick skillet over medium high heat. Place the steaks in the hot pan and cook for 1 minute per side, or until browned. Reduce heat to medium low and add balsamic vinegar and wine. Cover and cook for 4 minutes on each side, basting with the sauce when you turn the meat over. Remove steaks to two warmed plates, spoon one table spoon of the balsamic glaze over each filet mignon and serve immediately with roasted baby potatoes and asparagus.

Enjoy with a glass of *Fat Bastard Shiraz, France*

Available at the LCBO (750ml, \$14.95). (\$3.00 off from January 17 - 23, 2011)