



Filet Mignon with Mustard Garlic Scapes

This sauce is quick, easy and good to keep on hand for tomatoes, roasted potatoes or green beans (too).

Ingredients

4 beef tenderloin steaks cut 1-1/2" thick (6oz. each)

Garlic Steak Splash

1 tbsp olive oil

3 tbsp. finely chopped onion

3 tbsp **Diced Garlic Scapes** (drained)

1/3 c heavy cream

1/3 c beef broth

1/3 c dry white wine

1 tbsp Dijon mustard

1/4 c chopped watercress leaves plus additional leaves (optional)



Directions

Splash steaks with 1-2 tbsp **Garlic Steak Splash**. Set in ziplock bag for minimum 1/2 hr.

Heat grill to medium high cooking steaks 7 minutes each side, turning only once. For stove top method, sear steaks in hot heavy iron skillet with olive oil, approximately 7 minutes each side, turning once. (May add 1-2 tbsp water if dry.) Keep steaks warm.

Sauté onion in drippings from steak (or a little butter if steaks were grilled) for one minute. Stir in wine, cook, stirring until browned bits loosened from bottom of skillet. Stir in broth and boil 1 minute. Stir in cream; boil 1 minute longer. Stir in **Diced Garlic Scapes**, mustard and watercress.

To serve, spoon sauce over steaks and garnish with more watercress if desired.



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