

# *Recipes and Suggestions..*

## Poached Filets Mignons With Horseradish Sauce

Yield: 4 Servings

### Ingredients:

4 center-cut filets mignons [buy], 1 cup veal demiglace, 1 cup water, 2 tbs. Dijon mustard, 2 tbs. bottled horseradish

### Directions:

1. Season filets with salt and pepper.
2. In a 2-quart saucepan heat demiglace and water just to a simmer.
3. Add steak. (Add some boiling water to mixture if necessary to make enough liquid to just cover steak.)
4. Poach steak at a bare simmer (meat will toughen if liquid is allowed to boil), without turning, 8 minutes and remove from broth.
5. Boil broth over high heat until reduced to about 1/2 cup.
6. Stir in mustard and horseradish.
7. Keep sauce warm over low heat and halve steaks horizontally.
8. Spoon sauce over steak.