

# *Recipes and Suggestions..*

## *Sauted Tenderloin Steaks With Wine Sauce*

Yield: 2 Servings

### Ingredients:

2 - 8oz. Beef Tenderloin Filets [buy], 1 tbs. olive oil, 1 tbs. finely sliced scallion, 1/2 cup good red wine, 1 tbs. butter minced parsley or chopped chives, salt and pepper

### Directions:

1. Trim steaks and pat dry with towels.
2. Brush them lightly with some olive oil and lightly oil a nonstick pan.
3. Sauté steaks 1 1/2 minutes to 2 minutes a side for red rare; longer for medium.
4. Remove steaks to a warm plate.
5. Degrease most of the fat, leaving only a teaspoon in skillet.
6. Add the scallions and stir for a moment.
7. Pour in wine and scrape deglazings.
8. Reduce until syrupy.
9. Remove from heat, add butter and parsley or chives if you wish.
10. Pour over steak