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Mushroom stuffed Filet of Beef Tenderloin with Rich Morel Demi Glace



Difficulty: Moderate

Servings: 8

Nutrition Information

Calories: 700

Protein: 50g; Carbohydrates: 7g

Saturated Fat: 18g; Monosaturated Fat 24g;

Polyunsaturated 3g;

About this recipe

Fresh Morel Mushrooms, a spring delicacy add depth and a nutty richness to most any beef dish. Last week, my friend Lauren Manninen (studying Forestry at Michigan Tech) brought me a bag filled with fresh morels. She and her friend were out in the woods near Escanaba, and came home with (I'm told) hundreds of morels. This recipe can be made with any type of fresh mushrooms (shiitake, crimini, button, etc--or a mixture of several types). We teamed this crowd-pleasing entree up with **Garlic Smashed Rosemary-Scented Redskins** and **Easy Grilled Marinated Asparagus**. You can read about the health benefits of Rosemary with grilled meats at another Beef Tenderloin Recipe **HERE**.

Ingredients

- 8 (8-oz) Beef Tenderloin Filets (preferably barrel cut filets)
- 1.5 - 2 teaspoons Fresh Rosemary Leaves (finely minced)
- 2 Large Cloves Garlic (pressed)
- 1/4 Cup Extra Virgin Olive Oil (EVOO)

Stuffing

- 1/2 Pound Fresh Morel Mushrooms (chopped)
- 4 Shallots (finely minced)
- 1 Clove Garlic (pressed)
- 1 Tablespoon Extra Virgin Olive Oil (EVOO)
- Salt and Fresh Ground Pepper to Taste
- 1/2 teaspoon dried thyme leaves (crushed)
- 1 Tablespoon Cognac or Brandy

Demi Glace

- 1 32-oz Carton Low Sodium Beef Stock
- 2 Cloves Garlic (smashed with the broad side of a chef's knife)
- 1/2 Pound Fresh Morel Mushrooms (sliced or quartered)
- 1 Shallot (finely minced)
- 1/2 Cup Dry White Wine
- 1/2 Cup Dry Red Wine
- 1 teaspoon Fresh Rosemary Leaves (finely minced)
- Salt and Fresh Ground Pepper to taste
- 2 Tablespoons Cornstarch (dissolved in 1/4 cup cold water)

Directions

1. **Infuse EVOO:** Into a small dish, combine the EVOO and the 2 pressed garlic cloves. Set aside at room temperature for at least 1-hour (the longer the better) to allow the garlic to infuse the olive oil.
2. **Reduce Beef Stock:** Into a medium saucepan set over medium-high heat add the beef stock, the two cloves of smashed garlic and a couple of grinds of fresh black pepper. Simmer uncovered until reduced to 1-1/2 cups (about 45 minutes). Remove and discard garlic cloves and set reduction aside. This can be done a day or more ahead (cover and refrigerate), or while preparing stuffing.
3. **Prepare Mushroom stuffing:** Into a saute pan set over medium high heat, heat EVOO and add the pressed clove of garlic and shallots. Saute until aromatic and garlic and onion begins to soften. Add the chopped morels, salt, pepper, and thyme. Saute until the mushrooms give up most of their liquid. Add the cognac or brandy and saute until all liquid has evaporated. Remove stuffing to a bowl and set aside.
4. **Stuff and Prepare Filets:** Using a small sharp knife, cut a 2-3 inch wide, by 2-3 inch deep slit into the side of each filet making a pocket. Stuff the filets with 2-3 teaspoons of the morel stuffing and secure opening with a toothpick. If you have leftover stuffing, it can be used in the demi glace. Brush both sides of the filets with HALF of the garlic infused EVOO from step 1 above. Include some of the garlic bits as well. Season both sides of steaks with salt and fresh ground pepper and the minced rosemary.
5. Preheat BBQ grill to medium-high.
6. **Prepare Demi Glace:** Into a medium saute pan set over medium-high heat, add the remaining infused EVOO and garlic bits from step 1 above, and heat until aromatic and garlic begins to sizzle. Add the sliced morels and shallot, season lightly with salt and fresh ground pepper and the teaspoon of minced rosemary leaves. Saute until the mushrooms begin to give up their liquid. Add both wines and reserved beef stock reduction. Boil and reduce 5 minutes. Stir in the cornstarch mixture, and whisk until sauce is rich and satiny. Reduce heat to ultra low and keep sauce hot until ready to plate.
7. Grill filets over medium high heat (about 4 minutes per side for medium rare). Steaks are medium rare when you first begin to see a pearling of juices form on the surface of the steak. Remove steaks to a platter and tent with foil. Rest 5-7 minutes before plating. Serve with a generous ladle of the morel demi glace.

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Posted by David Kent at [9:40 AM](#) 

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