



Black Pepper Crusted Filet Mignon with Toasted Goat Cheese and Twice Cooked Red Chile Sauce

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ancho chili pepper lightly toasted
- 2 tablespoons canola oil
- 6 cups chicken stock see homemade
- 2 pepper flakes lightly toasted
- 2 pepper flakes red lightly toasted
- 4 servings cilantro leaves chopped for garnish

- 0.3 cup crème fraîche
- 4 frangelico thick
- 3 cloves garlic coarsely chopped
- 4 slices goat cheese (3/)
- 1 tablespoon ground cumin
- 2 tablespoons pepper black
- 2 tablespoons kosher salt
- 2 tablespoons maple syrup
- 1 large onion red coarsely chopped
- 4 servings salt and pepper freshly ground

Equipment

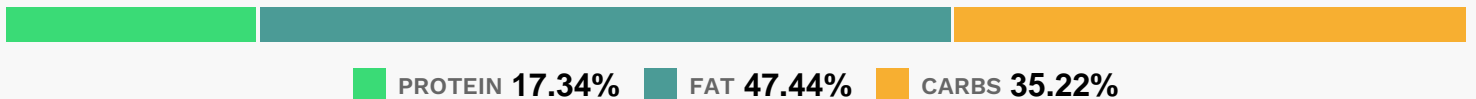
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- blow torch
- grill
- broiler

Directions

- Preheat the grill to high.
- Remove the steaks from the refrigerator and let stand at room temperature for 20 minutes before grilling. Meanwhile, combine the cumin, salt, and pepper in a small bowl. Liberally season both sides of each filet with the spice mixture. Grill the filets for about 3 to 4 minutes on each side for medium doneness.
- Meanwhile, preheat the broiler.

- Remove the steaks from the grill onto a baking sheet, and top each with a slice of the cheese.
- Place under the broiler until cheese is golden brown and soft. Alternatively, use a blow torch or kitchen torch to brown the cheese. Ladle the sauce onto each plate, place the steak in the center, and garnish with chopped cilantro.
- Heat the oil in a medium saucepan over medium-high heat.
- Add the onions and garlic, and cook until soft.
- Add the chiles and stock, and bring to a simmer for 20 to 25 minutes, or until the chiles are soft.
- Transfer the mixture to a food processor and process until smooth.
- Strain the mixture into a saute pan that has been set on high heat for a few minutes, and cook the sauce until slightly thick.
- Remove from the heat and stir in the creme fraiche and maple syrup. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:5.11, Inflammation Score:-10, Nutrition Score:23.944348213465%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 400.02kcal (20%), Fat: 21.61g (33.25%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 31.47g (11.44%), Sugar: 19.66g (21.84%), Cholesterol: 33.08mg (11.03%), Sodium: 4329.23mg (188.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.55%), Vitamin C: 71.14mg (86.23%), Vitamin A: 3199.32IU (63.99%), Manganese: 0.93mg (46.66%), Vitamin B2: 0.74mg (43.27%), Vitamin B3: 7.31mg (36.54%), Vitamin B6: 0.68mg (33.77%), Copper: 0.57mg (28.4%), Vitamin K: 27.68µg (26.37%), Potassium: 851.94mg (24.34%), Phosphorus: 241.88mg (24.19%), Iron: 3.75mg (20.86%), Fiber: 4.62g (18.48%), Vitamin B1: 0.23mg (15.06%), Selenium: 10.52µg (15.02%), Vitamin E: 2.12mg (14.12%), Magnesium: 54.84mg (13.71%), Calcium: 128.46mg (12.85%), Folate: 43.29µg (10.82%), Zinc: 1.29mg (8.63%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.09µg (1.45%)