



WHATSheATE



HEALTH SCORE

64%

## Crab and Shiitake-Stuffed Filet Mignon with Diver Scallops Wrapped in Peruvian Purple Potato Nets and Bearnaise Sauce



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



788 kcal

SIDE DISH

### Ingredients



8 strips hickory bacon smoked



4 servings pepper black freshly ground



2 tablespoons unseasoned bread crumbs



4 servings canola oil for frying



2 tablespoons celery diced



0.5 cup champagne vinegar

- ☐ 1 tablespoon chives finely chopped
- ☐ 0.3 pound crab meat
- ☐ 3 egg yolks
- ☐ 24 ounce filet mignon steaks
- ☐ 0.5 teaspoon parsley leaves fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup coarse ground pepper black
- ☐ 2 teaspoons freshly marjoram leaves chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon freshly oregano leaves chopped
- ☐ 4 peruvian purple potatoes peeled
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt
- ☐ 4 diver scallops
- ☐ 0.3 cup shallots chopped
- ☐ 0.5 cup shallots diced
- ☐ 1.5 cups mushroom caps cleaned sliced
- ☐ 0.3 cup freshly tarragon leaves chopped
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup butter unsalted melted
- ☐ 4 servings pepper white freshly ground

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

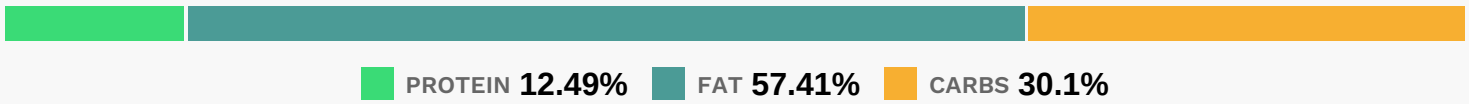
- ☐ pot
- ☐ double boiler
- ☐ toothpicks
- ☐ broiler
- ☐ stove

## Directions

- ☐ Heat the oil in a saute pan over medium-high heat.
- ☐ Add the mushrooms, shallot and celery, season with salt and pepper and saute until soft and tender, about 8 minutes.
- ☐ Add the garlic, marjoram, oregano and parsley and cook, stirring, for 1 minute.
- ☐ Remove from heat and let cool. Fold the crabmeat and bread crumbs into the cooled mushroom mixture and transfer to the bowl of a food processor. Pulse until the ingredients are finely chopped and fully incorporated, about 30 seconds. Set aside.
- ☐ Heat broiler.
- ☐ Cut a 2-inch horizontal incision in the center of each filet, being careful not to slice the steaks in half, to form a pocket for stuffing. Stuff equal parts of the mushroom dressing into each steak.
- ☐ Pour the coarse pepper onto a flat surface and roll the edges of the steaks on them to coat. Wrap 2 slices of bacon around each steak and fasten them with a toothpick to prevent them from slipping during cooking.
- ☐ Melt the butter in a cast iron skillet over medium-high heat.
- ☐ Place the steaks in the skillet and sear until browned, about 1 minute on each side.
- ☐ Transfer the skillet to the broiler and cook until medium-well, 2 to 4 minutes.
- ☐ Remove steaks from skillet and let stand for 5 minutes. Return the skillet to a stovetop burner over medium heat.
- ☐ Place the scallops in the skillet and sear until cooked through, about 2 minutes on each side.
- ☐ Remove from heat and set aside.
- ☐ To serve, place 2 tablespoons of the Bearnaise Sauce in the center of a round plate.
- ☐ Place a steak in the center of the plate and place 2 more tablespoons of Bearnaise Sauce on top.

- ☐ Place a scallop atop the steak and cover with a Purple Potato Nest.
- ☐ Sprinkle with chives and serve.
- ☐ Combine the tarragon, shallot and vinegar together in a small saucepan over high heat. Bring the mixture to a boil and cook until liquid reduces by 50 percent.
- ☐ Remove from heat and set aside.
- ☐ Whisk the egg yolks together in a double boiler over medium heat until they become pale and double in volume, 3 to 4 minutes.
- ☐ Whisk in the butter, 1 tablespoon at a time, until all of the butter is incorporated. Strain the liquid from the shallot mixture into the sauce and whisk until all of the ingredients are fully incorporated. Season with salt and pepper and serve immediately.
- ☐ Heat the oil at 350 degrees F in a fryer or large pot.
- ☐ Use a roto-slicer to cut the potatoes into 4 continuous noodle-like strands.
- ☐ Place the potato strands in the oil, 1 strand at a time and fry until crispy, using a spider to keep the potatoes in a bunch, 1 to 2 minutes.
- ☐ Remove from oil and drain on paper towels. Season with salt and serve.

## Nutrition Facts



## Properties

Glycemic Index:113.44, Glycemic Load:13.78, Inflammation Score:-9, Nutrition Score:42.725217321645%

## Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 787.8kcal (39.39%), Fat: 53.58g (82.43%), Saturated Fat: 23.43g (146.41%), Carbohydrates: 63.21g (21.07%), Net Carbohydrates: 43.06g (15.66%), Sugar: 6.53g (7.25%), Cholesterol: 251.35mg (83.78%), Sodium: 1151.69mg (50.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.45%), Manganese: 8.37mg (418.54%), Vitamin K: 109.07µg (103.88%), Fiber: 20.16g (80.62%), Copper: 1.33mg (66.45%), Selenium: 38.86µg (55.51%), Vitamin B12: 3.31µg (55.2%), Iron: 9.44mg (52.46%), Phosphorus: 488.19mg (48.82%), Vitamin B6: 0.95mg

(47.49%), Potassium: 1609.33mg (45.98%), Magnesium: 173.68mg (43.42%), Calcium: 384.75mg (38.48%), Vitamin B3: 7.11mg (35.56%), Zinc: 4.75mg (31.64%), Vitamin B5: 3.14mg (31.42%), Vitamin B2: 0.51mg (29.84%), Vitamin A: 1447.42IU (28.95%), Folate: 91.93µg (22.98%), Vitamin B1: 0.34mg (22.58%), Vitamin E: 2.89mg (19.26%), Vitamin C: 12.28mg (14.89%), Vitamin D: 1.67µg (11.13%)