



Filets Mignons with Spiced Butter, Glazed Artichokes, and Haricots Verts

 Gluten Free

READY IN



6720 min.

SERVINGS



2

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings artichokes cooked
- ☐ 0.3 teaspoon pepper black
- ☐ 2 servings butter
- ☐ 2 beef tenderloin steaks 2-inch-thick (beef tenderloin steaks; 6 to 7 oz each)
- ☐ 0.3 cup demi glace
- ☐ 0.5 cup wine dry white
- ☐ 0.3 lb haricots verts trimmed thin

- ☐ 0.5 teaspoon salt
- ☐ 0.5 tablespoon vegetable oil

Equipment

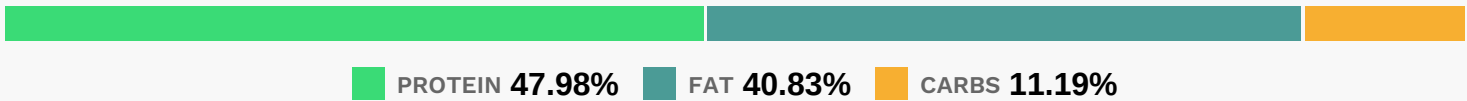
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Cut artichoke bottoms crosswise into 3/8-inch-thick slices, then cut stems diagonally into 3/8-inch-thick slices.
- ☐ Transfer slices to a 1 1/2- to 2-quart baking dish and set aside.
- ☐ Cook haricots verts in a 3- to 4-quart pot of boiling salted water, uncovered, until crisp-tender, about 4 minutes.
- ☐ Drain in a sieve and transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain and pat dry, then toss with artichokes in baking dish.
- ☐ Cut a 1-inch chunk from spiced butter log, then cut chunk into bits. Dot vegetables with butter, then cover with plastic wrap and set aside until ready to bake.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Heat an 8- to 9-inch heavy skillet (not nonstick) over moderately high heat 2 minutes. While skillet is heating, pat steaks dry and sprinkle all over with salt and pepper.

- ☐ Add oil to skillet, swirling to coat, then sear steaks on one side, without moving, until a deep brown crust forms, about 3 1/2 minutes. Turn steaks over and sear 3 1/2 minutes more. Using tongs, brown edges of steaks briefly (less than 1 minute total), then transfer to a small baking dish, reserving skillet. Cook steaks in oven until thermometer inserted horizontally into center of steaks registers 125°F for medium-rare, 12 to 18 minutes.
- ☐ Before steaks are finished, add vegetables to oven and bake, uncovered, until butter is melted and vegetables are heated through, 10 to 15 minutes.
- ☐ Remove steaks from oven and top each with a 1/4-inch-thick slice of spiced butter.
- ☐ Let stand in baking dish, loosely covered with foil, 5 to 10 minutes.
- ☐ While steaks stand, add wine to skillet and deglaze by boiling, stirring and scraping up brown bits, until reduced to about 1 tablespoon, about 5 minutes. Stir in demi-glace and any juices from baking dish and bring to a boil over moderately high heat.
- ☐ Cut remaining butter into pieces and add to skillet 1 at a time, swirling skillet until each piece is incorporated and sauce is thick and creamy.
- ☐ Divide vegetables and steaks between plates.
- ☐ Pour sauce over each serving.
- ☐ Haricots verts can be cooked (but not baked) 1 day ahead and cooled completely, uncovered, then chilled in a sealed plastic bag lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:27.596521584884%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 548.7kcal (27.44%), Fat: 22.32g (34.34%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.12g (4.41%), Sugar: 5.1g (5.67%), Cholesterol: 155.39mg (51.8%), Sodium: 1336.68mg (58.12%), Alcohol: 6.18g (100%), Alcohol %: 2.04% (100%), Protein: 59.02g (118.04%), Selenium: 69.4µg (99.14%), Vitamin B6: 1.52mg (75.89%), Vitamin B3: 14.98mg (74.89%), Zinc: 9.19mg (61.29%), Phosphorus: 507.18mg (50.72%), Vitamin B12: 2.11µg (35.17%), Vitamin K: 34.49µg (32.85%), Iron: 5.35mg (29.73%), Potassium: 970.62mg (27.73%), Vitamin B2: 0.34mg (19.85%), Magnesium: 73.3mg (18.32%), Vitamin B5: 1.63mg (16.31%), Vitamin B1: 0.22mg (14.53%), Manganese: 0.25mg (12.67%), Folate: 49.56µg (12.39%), Copper: 0.22mg (10.97%), Vitamin A: 517.67IU (10.35%), Vitamin E: 1.33mg (8.88%), Vitamin C: 7.03mg (8.53%), Calcium: 79.21mg (7.92%), Fiber: 1.65g (6.59%)