



Pan Roasted Beef Tenderloin with Ginger-Shiitake Brown Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce beef tenderloin filets
- 1 tablespoon garlic chives finely chopped
- 2 tablespoons ginger fresh minced
- 0.5 cup mushroom caps fresh thinly sliced
- 1 tablespoon garlic fresh minced
- 4 servings kosher salt and pepper black freshly ground to taste
- 2 tablespoons mirin sweetened (rice wine)

- 2 tablespoons olive oil
- 3 tablespoons sake
- 0.8 cup butter unsalted

Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Heat olive oil in a large ovenproof skillet over high heat until lightly smoking. Season filets to taste with salt and pepper. Sear until golden brown on both sides, about 3 minutes per side.
- Transfer to oven, and cook to desired doneness, about 12 minutes for medium-rare. When done, allow steaks to rest out of the pan for 5 minutes.
- Meanwhile, melt 3 tablespoons butter in a saucepan over medium-high heat. Stir in ginger and garlic, and cook until translucent and aromatic, but not browned, about 1 1/2 minutes.
- Add shiitake mushrooms and cook 3 to 4 minutes, until softened.
- Pour in the sake and mirin and simmer until reduced by half. Melt the remaining 3/4 cup butter, then reduce heat to medium-low, and cook until the butter browns, 6 to 8 minutes. Once browned, season to taste with salt and pepper, and stir in the chives. Spoon sauce over steaks to serve.

Nutrition Facts

 **PROTEIN 1.32%**  **FAT 94.39%**  **CARBS 4.29%**

Properties

Glycemic Index:38.5, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:4.7130435471949%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg,

Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin:
0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 408.04kcal (20.4%), Fat: 41.71g (64.16%), Saturated Fat: 22.84g (142.76%), Carbohydrates: 4.26g (1.42%),
Net Carbohydrates: 3.4g (1.24%), Sugar: 0.79g (0.88%), Cholesterol: 91.51mg (30.5%), Sodium: 8.58mg (0.37%),
Alcohol: 3.02g (100%), Alcohol %: 1.16% (100%), Protein: 1.31g (2.63%), Vitamin A: 1097.01IU (21.94%), Vitamin E:
2.01mg (13.39%), Vitamin K: 8.99µg (8.56%), Manganese: 0.12mg (6.18%), Vitamin B3: 1.16mg (5.8%), Vitamin B6:
0.12mg (5.79%), Vitamin D: 0.75µg (5.01%), Vitamin B5: 0.49mg (4.93%), Phosphorus: 47.82mg (4.78%), Vitamin B2:
0.08mg (4.72%), Selenium: 2.62µg (3.74%), Potassium: 126.95mg (3.63%), Fiber: 0.86g (3.45%), Copper: 0.06mg
(3.25%), Magnesium: 10.12mg (2.53%), Zinc: 0.37mg (2.49%), Calcium: 17.1mg (1.71%), Folate: 6.2µg (1.55%), Vitamin
C: 1.23mg (1.5%), Iron: 0.26mg (1.44%), Vitamin B12: 0.07µg (1.21%)