



From the Culinary Company Kitchen

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Filet Mignon Skewers with Balsamic Reduction

Yield: 8 portions

INGREDIENTS	AMOUNTS
Bamboo skewers	8 ea
Butter, unsalted	2 Tbsp
Shallot, minced	2 Tbsp
Salt	As needed
Pepper	As needed
Pinot Noir	1 cup
Balsamic vinegar	2 Tbsp
Filet Mignon	2 lb

Process

1. Soak bamboo skewers in water for at least 30 minutes
2. In a small saucepan, heat the butter and sauté the shallots until translucent
3. Add the wine and increase the heat. Cook until reduced by half. Add the balsamic vinegar and reduce to about 1/3. Remove from the heat and set aside
4. Cut the filet mignon into 1 in cubes (24 ea) and marinate them in the reduction for 1 hour.
5. Drain the skewers and thread three pieces of filet on each skewer.
6. Grill the skewers over high heat for three minutes on the first side and three minutes on the other side.
7. Platter the skewers and serve immediately