

Filet Mignon with Bordelaise Sauce

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-filet-mignon-kabob-recipe>

Ingredients:

- 1 cup red wine
- 2 sprigs fresh thyme
- 2 shallots finely diced
- 1 bay leaf
- 6 tablespoons demi glace
- 24 ounces filet mignons
- kosher salt and freshly ground
- black pepper to taste
- 2 tablespoons canola oil
- 1 tablespoon unsalted butter chilled, diced
- 1 tablespoon flat leaf parsley finely chopped
- 1 teaspoon fresh rosemary chopped
- 1 teaspoon chopped fresh thyme

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 125 milligrams
4. Fat: 41 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 14 grams
8. Sodium: 320 milligrams
9. Sugar: 1 grams

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