



Herb Rubbed Filet & Butter Bourbon Cream Sauce With Maple Bacon Roasted Brussel Sprouts And Broth Braised Red Quinoa

Camine Pappas / Serves 4 / September 2018

INGREDIENTS:

4 6 oz tenderloin filets rubbed
with spices grilled to medium rare
(Spice Rub -- see list at bottom)
¼ C good bourbon
2 T salted butter
2 T heavy cream
2 T beef broth
Salt and pepper

3 C Brussel sprouts, stem cut off
and quartered
1 large Granny Smith apple slices
¼ C thick sliced red onion
5 slices crisp cooked thick bacon
¼ C real maple syrup
3 T light oil
Salt and pepper



Cook ½ C red quinoa with 1 C beef broth according to package directions. Add salt and pepper if needed.

METHOD:

SAUCE – Heat in small pan to boiling and reduce the bourbon to half. Let cool slightly. Add the butter to melt. Add salt and pepper to taste. Add the broth. Add the cream. Serve over filets.

BRUSSEL SPROUTS – Toss the sprouts, the apple, and the onion, with 2 T of the oil, half the maple syrup, and salt and pepper to taste. Roast at 375 for 30 minutes. Remove to bowl, toss with a little more oil, add the crumbled bacon, and the rest of the maple syrup. Serve warm.

RUB: ¼ t each of paprika, oregano, coriander powder, cumin, pepper. ½ t kosher salt and good dried oregano. 3 t oil. 3 small cloves of garlic chopped. Rub over filets and grill to medium rare.

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