Filet of Beef with Chocolate Balsamic Sauce

4 Beef Tenderloin filets
2 tsp. olive or vegetable oil
2 tbsp. minced shallot
½ cup Cabernet Sauvignon
1 cup beef Stock
1 large garlic clove, minced (or pressed)
1 oz. dark chocolate (I use 90% cacao)
1 tbsp. balsamic vinegar*
(*balsamic vinegars vary wildly in terms of sharpness - you may want more or less depending upon your taste and your vinegar.)
To taste Salt and Pepper
3 tbsp. Butter

Season your filets with salt and pepper.

Heat a medium sauté pan over high heat, add the vegetable oil and pan sear the filets to just under your desired temperature, then transfer to an ovenproof dish and keep warm in the oven (the beef will continue to cook just a bit). Reduce the heat to low, add the shallots to the sauté pan and sauté until starting to brown a bit. Add the wine, increase the heat to high and reduce by half. Add the beef stock and garlic and reduce until syrupy. Whisk in the chocolate, vinegar, then the butter. Check for seasoning.

Place your filets on warm plates and nap with sauce.

Copyright © 2022 – woodhousechocolate.com