

Far Niente

FAMILY OF WINERIES  
AND VINEYARDS

Filet Mignon *with*  
Classic Hollandaise



# FILET MIGNON

## WITH CLASSIC HOLLANDAISE

BY CHEF ERIC UPPER, ALEXANDER'S STEAKHOUSE

### INGREDIENTS

*Serves 2-4*

2 to 4 eight-ounce Filet Mignons  
Salt  
Pepper  
Oil for Grilling or Pan-Searing  
1 Tablespoon butter (Pan-Searing Only)  
1 Clove garlic (Pan-Searing Only)  
Fresh thyme (Pan-Searing Only)  
Chef Upper's Classic Hollandaise

**CHEF'S NOTE:** "I included both searing and grilling directions for these filet mignons, along with a rich hollandaise. A tender lean cut of beef topped with a luscious sauce and paired with the deep flavors of a Napa Valley Cabernet Sauvignon is such a classic combination."

– Chef Eric Upper, ALEXANDER'S STEAKHOUSE

### PRO TIP

**RARE** 118 DEGREES F **MEDIUM RARE** 125 DEGREES F  
**MEDIUM** 135 DEGREES F **MEDIUM WELL** 145 DEGREES F  
**WELL DONE** 155 DEGREES F OR ABOVE

### TO GRILL:

Allow your steak to come to room temperature, at least 20 mins. Don't skip this step! Meat should not be pulled directly from the fridge and placed immediately on the grill.

Prepare your grill, warming to medium heat. Season each steak with black pepper and salt. Oil your grill, add steaks and grill for three minutes. Turn the steak 90 degrees and cook an additional two minutes without moving. This will give you the beautiful grill marks the French refer to as quadrillage. Flip your steak and cook two minutes on the other side. Turn your steak 90 degrees, allow to cook for one minute and then you'll be ready to temp your steak. From thickness to the heat of the grill and the temperature of your steak before it went on the grill, many factors go into the cooking time of a steak. Check your steak with a thermometer and remove the steak when it reaches your ideal temperature. Keep in mind that the temperature will rise a couple of additional degrees as your steak rests. Rest your steak four to six minutes and enjoy.

**TO PAN SEAR:** My preferred way to sear a steak is over medium heat, with a hot pan and minimal oil. Choose a natural oil with a higher smoking point will, like grapeseed, safflower, sunflower or canola.

Allow your steak to come to room temperature, at least 20 mins. Don't skip this step! An ice-cold steak will stick to your pan and diminish the flavor of the steak.

Preheat oven to 375. Heat a heavy bottom sauté pan over medium heat. Once pan is hot add a thin layer of oil.

Season steak with salt and pepper. Place steak into pan. Sear for three minutes. It's important not to move the steak while it cooks, as the contact with the pan gives your meat its nice sear. After cooking for three minutes, flip and cook one additional minute, being careful not to move your steak once it has flipped.

Add butter, crushed clove of garlic and some thyme to the pan; allow the butter to melt. Use a spoon to baste the steak for two minutes. Transfer to a cooking rack and place into the oven for three minutes. Flip the steak, then cook an additional two minutes before checking the temperature.

When the desired temperature is met, remove the steak from the oven and allow to rest 5 minutes.

### Pair with

Nickel & Nickel Hayne Vineyard Cabernet Sauvignon, St. Helena, Napa Valley

# CHEF UPPER'S CLASSIC HOLLANDAISE

BY CHEF ERIC UPPER, ALEXANDER'S STEAKHOUSE

## INGREDIENTS

*Serves 2-4*

3 Egg yolks  
70 Grams clarified butter  
10 Grams water  
Salt  
Lemon

## METHOD

Before you begin, you'll first want to set up a makeshift bain-marie, a cooking container filled with water into which you place another pan or dish to allow food to cook more slowly or with more moisture. Fill a pot with an inch and a half of water. Put on the stove on low heat. You want the water to create steam yet be barely boiling.

Warm your clarified butter in the microwave. You want your butter warm but not too hot, so as not to break your sauce. Fill a small bowl with 10 grams of water and your three egg yolks. Place your small bowl over the pot simmer-boiling on the stove.

Keep the heat on low and continually whisk your yolks in a figure-eight motion. Your eggs will slowly cook as you whisk. Maintaining a low heat and a constant whisking motion will prevent your eggs from scrambling. As they cook you should notice your mixture begin to thicken. Once the mixture holds the shape of the figure eight, you are ready to add the butter.

Remove the eggs from the heat. Slowly drizzle in the clarified butter while continually whisking. Pay close attention to the consistency of the egg yolks. If you notice the mixture begin to get glossy, it is starting to break. If this happens add a touch of cold water and continue to add your butter.

Once the butter is fully emulsified, it is time to season your sauce. Begin with salt. This will allow you to taste your sauce as it is and allow you to better gauge how much lemon juice to add for your palate.