



MARIMAR ESTATE
VINEYARDS & WINERY

Filet de Bou amb Fruites seques
(Filet Mignon with Dried Figs, Apricots and Prunes
in a Cream Brandy Sauce)

Start preparation 3 hours ahead, by soaking dried fruits in water.

Serves 6

6 dried figs (about 3 oz)	1-1/2 teaspoons salt
18 dried apricots (about 3 oz)	2 tablespoons butter
12 pitted prunes (about 3 oz)	1/2 cup full-bodied brandy
Six 3- to 4-ounce slices of beef tenderloin, each about 1/2-inch thick, cut from the center of the loin	1 cup heavy cream
1 tablespoon crushed green peppercorns	2 cups veal or beef stock

Start preparation 3 hours ahead, by soaking dried fruits in water.

Place figs, apricots, and prunes in a saucepan and cover with boiling water. Let them soak for 2 or 3 hours.

Meanwhile, cut away fat from sides of beef steaks and tie double string around each piece to give it a round shape. Cover both sides of the steaks with peppercorns and sprinkle them with 1 teaspoon salt. Let them sit, unrefrigerated, for an hour.

Remove fruits from soaking water and cut them into ¼-inch slices. Over medium-high heat reduce liquid in saucepan to 1/3 cup.

In a skillet large enough to hold all of the steaks, heat butter and, over medium-high heat, sauté them for 1 minute on each side. Add brandy and flambé. Set steaks aside on a serving platter, remove strings, and keep warm. Add fruits, reduced liquid in saucepan, cream and veal or beef stock to the skillet. Increase heat and reduce sauce by one third, or to desired consistency. Add remaining ½ teaspoon salt or to taste. Pour sauce with fruits over steaks and serve immediately

Wine Pairings:

Marimar Estate La Masía Pinot Noir
Marimar Estate Cristina Pinot Noir

Recipe from:

The Catalan Country Kitchen, page 91
by Marimar Torres