



*Brandon Rodgers'*

James Beard Nominated  
Best Chef of California

*Recipe*

# FILET MIGNON

WITH CHARRED  
SCALLION DEMI SAUCE

Brandt Beef Recipe Collection





## Recipe

### FILET MIGNON WITH CHARRED SCALLION DEMI SAUCE



#### INGREDIENTS:

- 3 (8oz.) Brandt Beef Prime Filet Mignon
- 3 (5g) pieces Ginger – peeled, sliced
- 3 (5g) pieces Scallion
- 3 Garlic cloves – peeled, crushed
- 15g Brandt Beef Tallow
- Kosher salt
  
- Black peppercorn freshly milled

#### EQUIPMENT:

- PolyScience Circulator
- 11" ProBond Hestan Saute pan
- Cryovac machine or food saver machine



Brandt Beef Recipe Collection  
Learn more about Brandt Beef and find new recipes:  
[oneworldmeatco.com](http://oneworldmeatco.com)

#### TECHNIQUE:

##### STEP 1

- Set up a water circulator at 135°F.
- Rub the filets with tallow.
- Season with salt and pepper.

##### STEP 2

- Place each filet into a food safe cryovac bag with a piece of ginger, scallion and garlic on top of each.
- Vacuum air from the bag and seal.

##### STEP 3

- Submerge the bag into the water and cook for 30 minutes.

##### STEP 4

- Drain the filet from the bag.
- Reserve ginger, garlic and scallion.
- Pat the filet dry with a paper towel.

##### STEP 5

- Heat saute pan with tallow until smoking hot.
- Place the filets in the pan, keeping them as far apart as possible.
- Add garlic, ginger and scallion from the bag to the pan.
- Sear for 1 minute.

##### STEP 6

- Flip the filet and sear for 1 minute.

##### STEP 7

- Remove filet and proceed to make the Charred scallion demi sauce. OR add the finished charred scallion demi sauce to the pan.

##### STEP 8

- Place the filet back in the pan and quickly spoon the sauce over the beef a few times to fully glaze.
- Slice the steak or serve it whole.