



Steak Tips and 'Shrooms

Adapted from The Washington Post

BAH Note: The recipe from The Post suggested substituting tenderloin tips for the center cut fillet. Please don't make the mistake of using plain old steak tips, like I did. The first time I made this, I had to ask the meat counter at Giant if they had any center cut fillets because they weren't in the case. The version using a center cut was so far superior to the one I made with generic steak tips (because all The Fresh Market could offer me was a \$20/pound fillet mignon) that it was worth every curse word that came out of my mouth as I trimmed the silver skin and tissue off that center cut scrap. Even when it was reheated in the microwave, the center cut meat was still tender, soft, and tasted meaty. Straight out of the dutch oven, the tips were tough, dry, and bland.

BAH Tip: If you don't have red wine, just use an additional 1/2 cup beef broth. And if you don't have, or don't want to use brandy, substitute 2 teaspoons broth.

- 2 tablespoons olive oil
- 12 ounces center cut beef tenderloin, cut into 1/2 inch cubes
- 1 onion, sliced
- 16 ounces mushrooms, sliced
- 1/2 cup red wine
- 3/4 cup beef broth
- 1 tablespoon dijon mustard
- 2 tablespoons brandy
- 2 teaspoons cornstarch

Heat half of the oil in a dutch oven over medium high heat. Add half of the beef cubes and brown on all sides. Transfer the first batch to a plate, brown the remaining beef, and transfer them to the plate as well.

Add the remaining oil to the pan. Add the onion, reduce the heat to medium, and cook for about 10 minutes or until the onion has softened.

Add the mushrooms, increase the heat to medium high, and cook until the mushrooms release their liquid and begin to brown, about 8 to 10 minutes. Add the red wine to the pot and cook until the liquid reduces by half.

Whisk together the mustard and broth and add it to the pot once the wine has reduced.

Add the beef and any accumulated juices back to the pot. Combine the cornstarch and brandy in a small bowl, stirring to make sure the cornstarch totally dissolves. Add the cornstarch slurry to the pot and stir to combine.

Cook for another 3 to 5 minutes until everything is gently bubbling and the beef has just cooked through. Taste for seasoning and add salt and pepper to taste before serving.