

RASTELLI'S™

EST. 1976

Cooking & Recipe Guide: Grass Fed Filet Mignon Steaks



Our Family Story

Ray Rastelli, Jr. first started cutting meat more than 45 years ago when he opened his first one room butcher shop in Deptford, NJ. In the decades since, the Rastelli name has become synonymous with the best meat, poultry and seafood in the world.

While we're no longer a one room shop, we're still a family business. Two generations of Rastellis now lead our company, continuing our commitment to impeccable customer service and expert butchery.

We've grown a lot since 1976, but one thing has never changed: **We're always inspired by the love of great food.**



CONTENTS:

Our Recipe for Success	3
Prepare the Perfect Filet Mignon	4
Filet Au Poivre	6
Crab Hollandaise	7
Filet Mignon Sliders with Bacon Onion Chutney	8
Red Wine Pan Sauce	10

Our Recipe for Success



Let's not fool ourselves... Great steakhouse steaks start with great pieces of meat. The marbling and aging process that we provide are the same quality that all the best steakhouses in the country use.

Here are some tips to recreate an amazing steakhouse dinner with the restaurant quality meat now sitting in your freezer.

For more tips, please visit AskRastellis.com.



Temperature. Bring steak to room temperature prior to cooking. This will help the steak to cook evenly.



Seasoning. Kosher salt, freshly ground black pepper, and I like a dash of olive oil to coat the meat so it takes the sear nicely.



Method. Choose your cooking method wisely and based on your kitchen's unique abilities.



Rest. Allow your steak to rest for at least 5 minutes before serving. This will keep the juices from running out.

Prepare the Perfect Filet Mignon

For best results, remove from packaging before defrosting. Defrost under refrigeration for several hours and/or overnight. Use within 3-5 days.

GRILL

This tends to be the cooking method of choice for meatlovers! Make sure your grill is hot (at least 450°F). Brush and rub the steaks with olive oil, then season with kosher salt and black pepper. Once it's on the grill, reduce the heat to medium. After 4-5 minutes* (depending on thickness), it's time to turn the steak over and let it go another 4-5 minutes on the other side. This will cook the steak to medium rare doneness. Adjust the cooking time to your desired liking, then let stand for 5 minutes prior to cutting.

**Cooking times based on a 3/4"-1" steak*

SAUTÉ

Fire up a pan on medium heat and warm up a teaspoon of olive oil for one minute. Add kosher salt and black pepper to both sides, then lay your seasoned steak in the pan. Cook for about 4

minutes on each side (depending on thickness), then carefully remove. Let stand for 5 minutes prior to cutting.

OVEN

Preheat the oven to 450°F and grab a heavy oven-safe frying pan (cast iron). Turn the stovetop burner to medium high heat and warm skillet until hot. Drop a teaspoon of olive oil in the pan and let it heat up, then season steak with olive oil, kosher salt and black pepper. Sear steak for about 60 seconds on each side to help seal in juices. Next, place cast iron skillet in the oven (or transfer steak to a cookie sheet) and place in oven to finish cooking. Roast steak for 6-9 minutes (depending on thickness), then carefully remove. Let stand for 5 minutes prior to cutting.



Filet Au Poivre



What You'll Need:

- 4 Rastelli Grass Fed Filet Mignon Steaks
- 1 tbs. Fresh Cracked Black Peppercorns
- 3 tbs. Vegetable Oil
- 1 tbs. Unsalted Butter
- 2 Thyme Sprigs
- 1 Medium Garlic Clove
- 1/2 Large Shallot, Minced
- 2 tbs. Brandy or Cognac
- 3/4 Cup Chicken Stock
- 3/4 Cup Heavy Cream
- 1 tsp. Dijon Mustard

Cooking Instructions:

1 — In a medium to large sauté pan, heat vegetable oil. While pan is warming, season steaks with salt and fresh black pepper. Once pan is hot, sear steaks on both sides and finish in 350°F oven, approximately 10 minutes for medium doneness.

2 — Add shallot, garlic, butter and thyme sprigs to pan and cook for about two minutes. Once shallots are cooked, deglaze with brandy or cognac. Be sure to scrape and release brown bits from the bottom of the pan.

3 — Add chicken stock to pan and bring to a simmer. Add heavy cream and dijon mustard and continue to simmer for additional five minutes, or until sauce starts to thicken. Remove from heat and stir in fresh cracked black pepper.

Crab Hollandaise

What You'll Need:

- 2 Rastelli Grass Fed Filet Mignon Steaks
- 2 Cups Unsalted Butter
- 4 Egg Yolks
- 1 tsp. Red Wine Vinegar
- ½ tsp. Old Bay Seasoning
- ½ Cup Lump Crab Meat



Cooking Instructions:

1 — Heat butter in a saucepan over medium heat. Skim and discard white film from surface. Pour clarified butter from pan into a bowl, leaving milky sediment behind.

2 — Fill another saucepan with 2" water and bring to a simmer over medium heat. Rest heat-proof bowl over pan. Add egg yolks, vinegar, old bay and 1 tsp water to the bowl. Cook, whisking constantly, until a thick sauce has formed (approximately 4-5 minutes). Slowly whisk in clarified butter to make a smooth hollandaise. Fold in the crab meat, being careful not to break the sauce. Keep warm.

3 — Season Filet Mignon with salt and pepper, then grill. Top with sauce and serve.

Filet Mignon Sliders with Bacon Onion Chutney

What You'll Need:

- 2 Rastelli Grass Fed Filet Mignon Steaks
- 4 Slider Buns
- 1 Large Onion, Thinly Sliced
- 4 Slices Bacon, Thinly Sliced
- 1 Garlic Clove, Minced
- 2 tbs. Balsamic Glaze
- 1 Cup Arugula
- Salt and Pepper to Taste

Cooking Instructions:

1 — Season filet mignon steaks with salt and pepper to your liking. Cook to your preferred method (see page four for instructions).

2 — While steaks are cooking, heat medium sauté pan. Once warm, add bacon and cook until all pieces are crispy. Add garlic and onions and cook for about eight minutes until soft and translucent. Add balsamic glaze and lower heat, cooking for five additional minutes. You will notice the mixture become darker and stickier.

3 — Slice filet mignon steaks thinly. Place slices on slider buns, then top with bacon onion chutney. Finish with fresh arugula.

Red Wine Pan Sauce



What You'll Need:

- 2 Rastelli Grass Fed Filet Mignon Steaks
- 2 tbs. Oil
- 1 Large Shallot, Minced
- 1 Garlic Clove, Minced
- 1 Cup Red Wine
- 3 tbs. Cold Butter
- 2 tsp. Flour
- Salt and Pepper to Taste

Cooking Instructions:

1 — In a medium size sauté pan, heat 2 tablespoons of oil on medium heat. Season and sear filet mignon steaks for about three minutes per side. Remove from pan and bake at 350°F for about ten minutes for medium doneness.

2 — While steaks cook, add minced shallot and garlic to the sauté pan used previously. Cook for about two minutes. Deglaze with red wine and bring to a simmer.

3 — Once simmered, roll cold butter in flour and add to saucepan. Let butter melt, and as it melts, notice the sauce slightly thicken. Serve with filet mignon steaks.

