

FARM at the Carneros Inn
Grilled Filet Mignon Topped with Sonoma Foie Gras on Truffled Sweet Potato
And Cabernet Reduction
Paired with 2005 Showket Vineyards Cabernet Sauvignon

Ingredients:

2 lbs. Filet Mignon, trimmed with scraps reserved	
1 lb Foie Gras, deveined	2 sweet potatoes
1 russet potato	3 oz. white truffle oil
6 oz sweet butter	2 oz milk
Salt & pepper to taste	8 oz Truffle/Cab reduction (below)
1-2 tbsp Grapeseed oil	2 shallots, diced
2 cups veal stock	3 cups cabernet
Sliced truffles	2 oz butter
Salt & pepper to taste	

Method:

Sweet Potato Puree: Bake the sweet potatoes and russet potato for approximately 40 minutes or until they are easily pierced with a fork. Remove from the oven and peel them. Pass the potatoes through a ricer or food mill. Warm the butter, milk and truffle together until heated all the way through and the butter is melted. Do not allow to boil. Pour the milk mixture into the potatoes. Add salt & pepper and more truffle oil if needed. Stir together and pass through food mill for a smooth texture, keep warm.

Foie Gras: Cut the lobes into 3-4 oz slices. Salt & pepper foie gras over medium heat. Heat a non-stick pan to just before it begins to smoke. Lay in the foie gras pieces and cook 1-2 minutes on each side. Remove and keep warm for plate up.

Filet: Cut the filet into 7-8 oz medallions of beef. Salt & pepper each piece. Heat pan with 1-2 tbsp of grapeseed oil. When the oil begins to smoke, add the filets (do not allow fire into the pan). Sear each side for 2-3 minutes to form a dark sear on each side. Place the pan in a preheated 350 degree oven and roast for 7- 10 minutes until medium rare. Remove from oven and place on serving plates.

Cabernet sauce: In a small sauce pan melt 1 oz butter and add 2 diced shallots. Saute for 1-2 minutes, but do not allow to brown. Add the reserved beef scraps and cook until fully caramelized. About 15 minutes over medium flame. Drain off the fat and deglaze the pan with 3 cups of red wine. Reduce to ½ the volume. Add veal stock and simmer until you have 2 cups of sauce remaining. Strain twice through a fine strainer. Add sliced truffles and mount with 2 oz of butter. Adjust salt & pepper and keep the sauce warm for serving.

Plating: Place the sweet potato mix in a pastry bag with a straight tip. Pipe onto the plate from a larger base to smaller tip forming a cone shape. Place a filet on the plate and top with foie gras. Ladle truffle-cabernet reduction over the top.