

C's Filet Mignon Roast

Ingredients for Roast:

2 pound Filet Mignon, or similar fine meat roast
1 **tsp.** Light Olive Oil
1/2 **tsp.** garlic salt
6 **tbs.** whole 'mélange' peppercorns (mixture of colors)

Ingredients for Gravy:

1 small shallot, finely diced
2 garlic cloves, finely diced
4 - 6 Crimini Mushrooms, finely diced
1/4 **tsp.** dried thyme
1/8 **tsp.** dried oregano
1 1/2 cup Vegetable broth
1/4 cup Balsamic vinegar
1/8 cup Worcestershire sauce
5 **tsp.** all-purpose flour

**Garnish Option: One twig of fresh Thyme

Roasting Procedure:

1. Preheat oven to 450°, spray a shallow pan with Olive Oil spray, set aside
2. In a small bowl, combine the following:
 - 1 **tsp.** Light Olive Oil
 - 1/2 **tsp.** garlic salt
 - 6 **tbs.** whole 'mélange' peppercorns (mixture of colors)
3. With clean hands, rub the above mixture all over both sides of the roast
4. Place the rubbed roast onto the sprayed pan and place it in the oven for 40 minutes. Turn on your fan because it's going to smoke, but it'll be ok.

Gravy Procedure:

When meat has about 15 minutes left, begin this process:

1. Heat medium sized skillet on med-high with 1/2 Tbsp. olive oil
2. Add the shallot, garlic and mushrooms. Sauté for about 5 - 8 minutes, gently moving around with a wooden spatula occasionally.
3. In a small bowl, combine the broth, Balsamic and Worcestershire. Whisk together until blended. Pour about 1/3 cup into another small bowl and set aside.
4. Add the original contents to the skillet of shallot, garlic and mushrooms and turn down heat to med-low. Gently swish around to blend ingredients.
5. In the reserved bowl of broth..., add the flour and whisk until smooth.
6. Now add that bowl to the skillet and let simmer until it thicken a bit; maybe 4 - 5 minutes. Remove from heat and pour into a gravy boat.

When the meat is done, remove from the oven and let sit for 10 minutes before serving.

On your serving tray, thinly slice meat and pour some of the gravy on top.

Garnish with a fresh Thyme twig if you want.

Serves 6 - 8 people.