



## Wild West Peppered Beef Steaks with John Wayne Whiskey Sauce

*By A.C.F. Certified Executive Chef Mark Shoopman, CEC, CFBE of Lutheran Hillside Village.*

### Ingredients:

1 ½ pounds	Beef tenderloin cut into four 6-ounce medallions
½ cup	Beef or veal stock (canned broth works just fine)
As desired	Kosher salt
As desired	Coarse ground black pepper
4 teaspoons	Minced shallots
2 tablespoons	Whole butter, unsalted
2 tablespoons	Vegetable oil
1 cup	Bella mushroom caps sliced or quartered
¼ cup	“The Duke” brand whiskey
¼ cup	Heavy cream
1 teaspoon	Chopped fresh parsley leaves
½ cup	Smoked Blue cheese, (optional)

### Method:

Generously season the beef tenderloin medallions on all sides with the salt and pepper. In a large skillet over medium-high heat, add the oil and butter. Carefully position the meat in the skillet allowing enough room for the heat to get around all sides. Cook the medallions for approximately 2-3 minutes on each side or until the desired doneness is achieved. Remove the medallions from the skillet and tent with foil to keep warm. In the same skillet, add the shallots and mushrooms and cook, stirring quickly until the mushrooms release their moisture and begin to brown nicely, approximately 1-3 minutes.

Remove the pan from the heat and add the whiskey. Tilt the pan away from you and ignite the whiskey with a long match or long lighter, then return to the heat. When the flame has burned out, increase the heat and add the beef broth and cook, stirring, until it begins to reduce. Next add the cream and cook until it bubbles and begins to thicken. The cream will thicken the sauce as it cooks. When it is thick enough to coat the back of a spoon, remove from heat. Adjust seasoning with salt and pepper and serve.

### Presentation:

Place the medallions in pairs onto heated dinner plates. Gently spoon the whiskey sauce over the medallions equally and garnish with a sprinkle of the minced parsley. Top with some of the smoked Blue cheese if you desire. Serve with your favorite sides and enjoy!