

Creamed Spinach

Ingredients:

- 5 T. butter (2 T. for the spinach and 3 T. for the breadcrumb topping)
- 1 small onion, diced
- 16 oz bag of frozen chopped spinach, thawed and squeezed of liquid
- 1 T. flour
- 1 cup whole or 2% milk
- 4 oz cream cheese, softened
- 1 package Boursin garlic and herb cheese (available in the specialty cheese section)
- 1 T. lemon juice
- 1/4 t. nutmeg
- salt, pepper, cayenne to taste
- 1 cup seasoned breadcrumbs

Directions:

- Saute onion in butter in a medium saucepan over medium heat until onion is softened.
- Add flour and cook for another 2 minutes.
- Slowly whisk in the milk.
- Stir in the cream cheese and Boursin cheese until melted. Remove from heat.
- Place the spinach in a large bowl and add the cheese sauce, lemon juice, and seasoning. Stir until well combined.
- Spoon spinach into a 2 qt baking dish.
- Melt remaining 3 T. butter and stir in breadcrumbs. Top spinach with breadcrumbs and press to adhere them.
- Bake spinach at 425 deg for 20-25 min until breadcrumbs are golden brown.

Recipe brought to you by: Lindsey of The Cookie Jar 01/18/09



Creamed Spinach

Steak (filet)

Filets

Ingredients:

- beef tenderloin filets
- marinade of your choice (I don't think it is necessary to marinate the steaks, but I always do. I prefer Allegro marinade)
- olive oil

Directions:

- Season the steaks with salt and pepper and place in a ziploc bag with marinade. Allow to marinate in the fridge for 2 hours.
- Take the steaks out of the fridge and allow to come to about room temperature (this makes for more even cooking) while you make the spinach and bearnaise sauce.
- Preheat oven to 425 deg.
- Heat an ovenproof skillet over medium-high heat for 5 minutes.
- Add enough olive oil to lightly cover the bottom of the pan (about 2-3T). Let the oil heat up for about a minute and then add the steaks. Sear on one side for 5 minutes (don't move them, this is how they get their crust).
- Turn steaks over and immediately place the pan in the oven for desired level of doneness - rare: 5 min, medium-rare: 7 min, medium: 9 min. Remove from oven and allow to rest 5 minutes before serving.

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Steak (filet)

Bearnaise Sauce

Ingredients:

- 2 sticks unsalted butter, melted
- 1/4 cup white wine vinegar
- 1/4 cup white wine
- 3 T. minced shallots
- 1 T. chopped fresh tarragon

- 1 T. lemon juice

- 4 large egg yolks

- 3 T water

- salt, pepper, and cayenne to taste

Directions:

- Bring vinegar, wine, shallots, and tarragon to a boil in a small saucepan and continue boiling until almost all of the liquid is evaporated.
- Remove from heat and add water. With the egg yolks in a separate bowl, add a small amount of the hot reduced wine mixture to them. Then slowly whisk the yolks into the reduced wine mixture in the saucepan. (This keeps the yolks from "scrambling" when you add them to the hot saucepan.)
- Slowly whisk in the melted butter, lemon juice, and seasoning.
- Strain sauce and then return to the saucepan. Keep warm over low heat until ready to serve, whisking occasionally. If sauce gets too thick add a little more water.
- Serve sauce on the side in a small bowl or lightly drizzle over steaks.

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Bearnaise Sauce