



HENDERSON CASTLE KALAMAZOO

STEAK DIANE

Servings: 4, Preparation Time: 15-20 minutes

INGREDIENTS

- 4 3-ounce center cut beef tenderloin medallions, trimmed of all fat and pounded to ½-inch thick, chilled
- 1 1/2 ounces clarified butter
- 1 teaspoon Worcestershire sauce
- 2 tablespoons shallots, chopped fine
- 1/8 teaspoon garlic, minced
- 1/4 cup mushroom caps, sliced 1/8-inch thick
- 1 tablespoon lemon juice, fresh squeezed
- 1 teaspoon dry mustard powder
- 1/2 teaspoon thyme leaves, fresh if possible
- 2 ounces heavy cream
- 1 ounce brandy
- 1 tablespoon parsley, chopped
- 1 tablespoon chives, chopped
- salt, about 1/2 teaspoon or to taste
- ground black pepper, fresh ground, 1/8 teaspoon or to taste

DIRECTIONS:

Whether you want to impress your guests or just make it for yourself, there is a sequence to be followed to make a perfect Steak Diane. For this dish, you will need a heavy bottom fry/sauté pan 12 inches in diameter;

all ingredients will be cooked together, so a big pan is needed.

First, in a small sauté pan (8 or 10 inches), heat 1 tablespoon butter over medium heat for 1 minute. Add the tenderloin steaks, sprinkle with a little salt and pepper, increase heat to medium-high and sauté exactly 2 minutes on each side. Remove them to a plate and chill in a refrigerator for 5 minutes.

Pre-heat the large sauté pan over medium heat for 1 minute. Add clarified butter, and then add the Worcestershire sauce to the butter. Place the shallots, garlic and mushrooms in the center of the pan with the tenderloin steaks around the edges. With a spoon, stir and toss the mushroom mixture. After 2 minutes, add the lemon juice and season the ingredients with salt and fresh ground black pepper. Turn the steaks and add the thyme, chopped parsley and dried mustard powder. Now cook the steaks to the doneness you like. Leave them in the pan and add the heavy cream and chives. Tilt the pan slightly, and pour the brandy into the front edge of the pan, turn the heat to high and let the flame (or if electric, light with a match) catch the brandy's vapors and ignite it. Swirl slightly, turn off the heat and let the flame go out.

Place medallions on plates and top with the sauce from the pan. Enjoy this classic preparation and envision yourself sitting in a grand hotel dining room in Vienna or Paris while you enjoy!

Note: You may want to slightly undercook the steaks prior to adding the cream and brandy so that the reduction process of making the sauce doesn't overcook them.

DESCRIPTION: Thin tenderloin steak sautéed with shallots, thyme, mustard, mushrooms and cream.

HISTORY: This is a classical preparation of Steak Diane. Normally it would be prepared tableside by a captain in a grand hotel dining room. It is a classical service au gueridon, very popular in Paris in the 19th and 20th centuries.



EXECUTIVE CHEF FRANCOIS MOYET

Francois Moyet and his twin brother were born in Bourge, France in 1966. Francois was raised in Cognac County for 15 years. He then went to a culinary college in Royan City for three years and graduated with his culinary technical degree with first rank in 1983.

Moyet obtained his first job as a chef when he was only 17 years old. In 1984, he went into the army for a year, where he was assigned as the personal chef for the colonel. During this time he received his master's degree in French culinary art.

In 1985, Moyet moved to Paris, and quickly moved onto the culinary fast track. In one year he entered the kitchen of the renowned La Tour D'argent restaurant. He was then chef de partie and pastry chef for almost two years. It was there that Moyet had the opportunity to prepare dishes for some of the most celebrated people of the time including Queen Elizabeth II, Princess Diana, Ronald Regan and Francois Mitterrand.

In 1990, Moyet graduated and immediately opened his first restaurant, Le Navarin in Paris. In 1992 he opened his second restaurant, La Rotisserie du Navarin, and his third restaurant Le Grillon in Paris.

Moyet moved to the United States, specifically the Kalamazoo area, with his family in 1995. He then opened Francois' Seafood & Steak house; The Tortilla Flat followed in 2003.

Eventually, Moyet sold his successful restaurants and pursued a degree in Naturopathy medicine. He is now combining his medical knowledge and culinary skills at Henderson Castle Restaurant, a historic landmark and fine dining establishment, where culinary connoisseurs can enjoy the wonderful food and respite.





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