

Walloon Lake Inn

WALLOON LAKE



Filet Mignon, Sweet Onion, Bacon, Blue Cheese, Fingerling Potatoes, Wine Sauce

Filet Mignon

INGREDIENTS:

- 4 8oz Filet Mignon Steaks (*we use a prime cut from grass-fed beef*)
- 2 medium size Vidalia onions (*cut into wedges*)
- 2 slices thick cut smoked bacon (*cut into small lardons*)
- 2 oz blue cheese (*we use a Moody Blue, a smoked blue cheese produced by Emmi Roth in Monroe, Wisconsin; it has smokey undertones with hints of roasted nuts and coffee*)
- ½ tsp. fresh rosemary, finely minced
- ½ cup heavy cream
- 16 each fingerling potatoes, cooked, peeled, and halved lengthwise (boil in heavily salted water with a splash of lemon juice until just tender; peel while still warm)

Red Wine Sauce: *Yields about 300 to 400 milliliters*

- 50 g sliced shallots
- 25 g minced garlic
- 75 g button mushrooms
- 6 each whole black peppercorn
- 6 each fresh thyme sprigs
- 1 sprig fresh rosemary
- 1 bay leaf
- 300 milliliters red wine
(*usual rule applies, if you wouldn't drink it, don't cook with it*)
- 300 grams finished veal stock
(*hard item to come by, and not a common household item; can be found in some specialty stores and online*)
- Peppery greens to garnish, such as fresh arugula or watercress

METHOD:

Begin by making the red wine sauce - it's very simple to make but takes a long time to do right (ours generally simmers slowly for at least four to five hours), but it can be frozen for later use. I like to freeze them in ice cube trays so I can pop out a cube or two when needed.

In a heavy bottomed saucepot, sweat garlic and shallots in a small amount of grapeseed or canola oil over low heat, until soft and translucent. Add mushrooms, and cook down, until all liquid has been released and cooked off. Deglaze the pan with the red wine, scraping the bottom of the pan to release any cooked-on, delicious bits stuck to the bottom. Reduce the wine to ¾. Add veal stock, thyme, rosemary, bay leaf and peppercorn. Reduce to a thick, sauce-like consistency over low heat - sauce should coat the back of a spoon when finished. Strain sauce through a fine meshed strainer and set aside.

Cut bacon into small lardons. Render the bacon in a heavy bottomed skillet, with a small amount of oil over low heat until crisp. Remove the bacon from the pan with a slotted spoon or spatula.

Add Vidalia onion wedges to pan and cook low and slow until onions have released all their liquid. Continue to cook until liquid has evaporated and onions are tender and translucent. Add minced rosemary, cream and salt and pepper (to taste).

While cream is reducing, heat a heavy skillet or cast iron pan over high heat. Add potatoes and half the blue cheese to the cream and onion mixture. Season the filets aggressively with salt and pepper on both sides. Add oil to the cast iron pan, and gently lay the filets in the pan, making sure not to crowd them. Sear 3-4 minutes on each side. Finish cooking the steaks in a 400 degree oven until they reach desired doneness (I give them four to five minutes to reach medium rare). Rest steaks for a minimum of 5 minutes - preferably 8 to 10.

Before plating, warm red wine sauce in a small pot. Add a small tab of butter, and swirl it into the sauce (make sure the sauce is barely simmering. Do NOT let it boil). Lay the potato, onion, bacon mixture down in the center of the plate. Lay the filet on top of this. Drizzle sauce around the plate and garnish with watercress and arugula. Serve and enjoy!

Grilled Quail, Spaetzle, Onion Petals, Cherries, Chanterelles and a Chocolate Red Wine Jus

INGREDIENTS:

- 8 semi boneless quail, 4-5 five ounces each
- 1 red onion, peeled and cut into thin petals
- 4 oz fresh chanterelles
- ¼ cup dried Michigan cherries
- ½ cup dried red wine
- ½ cup red wine vinegar
- ½ cup sugar
- 2 qt chicken stock
- ¼ cup canola oil
- 4 cups onion, sliced
- 2 cups carrots, roughly chopped
- 2 cups celery, chopped
- 2 cups leeks, chopped
- 4 cups red wine
- 10 sprigs thyme
- 2 bay leaves
- 10 each black peppercorns
- 2 oz bittersweet chocolate
- 750 g sour cream
- 400 g flour
- 5 lg eggs

METHOD:

To make the red wine jus, roast vegetables in a hot oven, until dark brown and toasty. Place in a stockpot with thyme, bay leaves, and peppercorns. Add wine and reduce by half over low heat. When wine has reduced, add stock and reduce by ¾. Strain through a fine meshed sieve, and set aside.

For the cherries, reduce red wine by ¾ over medium heat in a saucepot. Add red wine vinegar and sugar. Bring to a simmer (just until sugar dissolves). Pour over dried cherries and seal tightly with plastic wrap. Let sit at room temperature until cherries are cool and plumped.

For the spaetzle, place sour cream, flour, and eggs into a stand mixer with the paddle attachment and mix on low to medium speed until smooth (make sure to scrap sides and bottom of bowl occasionally). Let rest for 1 hour. Place a perforated pan over a pot of boiling water. Put batter in perforated pan and scrape into water with a rubber spatula. Remove spaetzle with a slotted spoon onto an oiled sheet tray and cool. This makes a lot of spaetzle, but the batter can be refrigerated up to one week be-

fore cooking, just make sure to allow batter to come to room temperature before cooking.

For the onion petals, heat a dry sauté pan over low heat. While pan is heating, cut red onion into thin wedges. Place the wedges into the pan cut side down. Lightly char the onions (4-6 minutes per side), and then remove from heat.

To finish, season with quail with salt and pepper. Grill over high heat two to three minutes per side until medium to medium well. Let rest five minutes. Meanwhile, in a hot sauté pan, heat olive oil and butter. Add the chanterelles, and cook until all moisture has released and been cooked away.

When the mushrooms start to brown, add a tab of butter. Once it begins to bubble and pop, add desired quantity of spaetzle, onion petal and drained cherries. Season to taste with salt and pepper.

Warm red wine jus in a small saucepot to a slow simmer; add a tab of butter and bittersweet chocolate, whisking the entire time to emulsify.

To plate, lay down spaetzle mixture on four plates and place two quail on top, per plate. Drizzle red wine/chocolate jus over top and around the plate, and serve.

