



## **Pan-seared Tenderloin Steaks with Pan-Sauce 3 Ways**

Serves 4

4 centre cut tenderloin steaks 1 ½-inches thick

½ to 1 tsp salt

2 tbsp canola oil

1. Pat steaks dry with paper-towelling. Season each steak generously with some salt.
2. Place a large cast-iron (or stainless-steel skillet) over medium-high heat and add canola oil. Once the oil is sizzling hot, add the steaks to the pan and cook for 5 to 6 minutes until the steak releases easily from the pan and is well browned. Turn the steaks over to cook on the other side for an additional 6 to 8 minutes or until a digital instant-read thermometer reaches your desired doneness (135°F/57°C for medium-rare).
3. Remove the steaks from the pan and tent loosely with aluminum foil; let rest for 10 to 15 minutes to allow steaks to finish cooking.



### **Creamy Mushroom Pan-sauce**

1 tbsp butter  
227g sliced white mushrooms  
1 clove garlic, minced  
1 1/2 tbsp Dijon mustard  
1 cup whipping cream (35%)  
1 tbsp thinly sliced chives

1. Place the pan used to sear the steaks over low heat. Melt the butter and add the mushrooms; cook, stirring occasionally until browned and most of the water has evaporated. Add the garlic and cook for another minute.
2. Stir in the Dijon and heavy cream; simmer for 3 to 5 minutes until the sauce is thickened. Stir in the chives; spoon sauce over the steaks to serve.

TIP: If the cream thickens too much, add a little water to thin it out.

### **Grainy Mustard Pan-sauce**

3 tbsp butter, divided  
1 shallot, minced  
1 cup beef stock  
2 tbsp grainy mustard

1. Place the pan used to sear the steaks over low heat. Melt 1 tbsp of the butter; add the shallot and cook for 1 minute until shallot is translucent.
2. Add the beef stock and bring it to a simmer. Cook for 5 minutes to reduce; stir in the grainy mustard and cook for an additional minute. Finish sauce by stirring in the remaining 2 tbsp of the butter.



### **Ginger-Miso Pan-sauce**

2 tbsp minced fresh gingerroot  
1 cup apple cider  
2 tbsp miso paste  
2 tbsp butter

1. Place the pan used to sear the steaks over low heat and add the gingerroot. Cook for 2 minutes, stirring, until the ginger is softened. Stir in the apple cider and bring to a simmer; cook for 5 minutes to reduce. Whisk in the miso paste and simmer for an additional 1 to 2 minutes. Stir in the butter.
2. Set a fine mesh sieve over a bowl and strain the pan sauce, using a spoon to push all the liquid through. Discard the solids and pour the finished sauce over the steaks to serve.

TIP: Pour the juices that have accumulated on the plate your steak is resting on, into your pan sauce to add extra beefy flavour.