

# Beef Tenderloin with Blackberry glaze

I wish my Dad were still living. I'd make him this dish for Father's Day. Nothing beats Filet Mignon for taste and tenderness. Although tenderloin is served here only on special occasions due to cost, it is the leanest cut of beef. Glad there's a positive trade off!

Who would have guessed that beef and blackberries would be so complimentary? Here's a recipe I've adapted from the Deen Brothers.

- 4 6oz Filet Mignon (Beef Tenderloin)
- Salt
- Fresh ground black pepper
- 2 Tablespoons olive oil
- ½ cup red wine or cooking sherry
- ¼ cup finely chopped shallots or sweet onion
- 1 cup beef broth
- 3 tablespoons Myrna's Blackberry Preserves
- 2 Tablespoons real butter
- Fresh blackberries for garnish



Pat the steaks dry with paper towels and generously season with salt and pepper. In a heavy iron skillet, heat the olive oil over medium-high heat. Sear the steaks in the hot oil for 3 minutes per side for medium rare. Transfer steaks to a serving plate, cover with foil, and let stand while preparing the glaze. (I enjoy a well done steak. I ran my steak under the broiler unit for 3-4 more minutes, then covered it with foil for a while.)

Using the same skillet, sauté the shallots for a minute. Add the red wine, scraping up any browned shallots off the bottom of the skillet. Let wine boil until reduced by half. Add broth and blackberry preserves. Return to a boil and reduce by half. The sauce should coat the back of a spoon. Whisk in the butter and season sauce with more salt and pepper to taste.

To serve, drizzle the sauce over the steaks and garnish with a few fresh berries.