

# Grilled Filet Mignon with Gorgonzola and Fresh Sage, and Linguine with Mushroom Port Sauce

From a Phyllis Carey cooking class, 8/2011



*The filet mignon is the star, but the Gorgonzola on top - - enhanced with the linguine on the side? Fantastic!*

24 ounces filet mignon (4 6-ounce filets)

Salt and freshly ground black pepper to taste

Oil for brushing on the meat

4 ounces Gorgonzola cheese, 4 pieces, or crumbled

4 large sage, leaves, cut into tiny threads

LINGUINE WITH MUSHROOM PORT SAUCE

12 ounces linguine

Salt and freshly ground black pepper

1 tablespoon extra virgin olive oil

1 tablespoon unsalted butter

1 pound mushrooms, mixed varieties, sliced 1/4 inch thick

1 large shallot, finely chopped

2 tablespoons Tawny port

1/2 cup heavy cream

1/2 cup creme fraiche

3 tablespoons parsley, chopped

Grated Parmesan cheese to sprinkle on top

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

## Servings: 4

*If you'd like some additional color, add into the pasta dish about 1/2 to 2/3 cup of frozen peas (defrosted) just at the end, only long enough to heat them through. If asparagus is in season, the tips can be added to the linguine, or served as an ideal side dish.*

1. Season steaks with salt and pepper. Lightly brush top and bottom with oil and grill for 5-7 minutes per side for rare to medium rare, or longer, to taste.
2. After turning the steaks over, top the steaks with the cheese and close grill lid. Continue cooking until meat has reached desired doneness. Top with the sage leave slivers and serve alongside the Fettucine.
3. FETTUCINE: Cook linguine in a large pot of boiling salted water until just barely tender.
4. In a large skillet heat oil and butter over medium-high heat. Add shallot and mushrooms, about 3/4 tsp salt and a bit of pepper. Cook until mushrooms begin to release their liquid, about 3-4 minutes. Lower heat to medium and cook until soft and lightly browned, about 5 minutes.
5. Add the Tawny Port and stir to deglaze the pan. Add cream and creme fraiche and bring to a simmer; reduce hat to medium low and cook, stirring often, until liquid reduces to a saucy consistency, about 2 minutes.
6. When linguine is ready, drain, reserving 1/2 cup of cooking water. Add linguine to the sauce. Toss over low heat, adding in some of the cooking water if needed to coat the pasta well. Add parsley and seaoon to taste with salt and pepper. Serve immediately, passing the cheese.

Per Serving (excluding unknown items): 1170 Calories; 76g Fat (57.8% calories from fat); 51g Protein; 73g Carbohydrate; 4g Dietary Fiber; 220mg Cholesterol; 513mg Sodium. Exchanges: 4 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.