

Whiskey Mushroom Sauce (for Steak)

From Steven Raichlen's "Planet Barbecue!"



A luscious mushroom sauce to spoon over elegant filets mignons or ribeyes

- 6 ounces mushrooms (see Notes)
- 1 tablespoon unsalted butter
- 1 small shallot, thinly sliced
- 1 teaspoon all-purpose flour
- 1/2 cup beef stock
- 2 tablespoons heavy cream
- 1 tablespoon Scotch (whiskey)
- 1 teaspoon Dijon mustard
- 1/4 teaspoon lemon zest

Kosher salt and freshly ground black pepper to taste

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

If possible, use the more exotic mushrooms like chanterelle, porcini or morels. If not available, you can use shiitakes, oyster or crimini. Maybe the best way is a combination of many different types. I used regular button mushrooms because that's what I had on hand.

1. Clean, then thinly slice the mushrooms.
2. Melt butter in a medium-sized skillet over moderate heat. Add shallot and cook until translucent, about 2-3 minutes. Add mushrooms and increase heat to high. Cook mushrooms, stirring often, until tender and most of the liquid has evaporated, about 3-5 minutes.
3. Stir in the flour and cook, stirring, until the flour has evenly coated the mushrooms, about a minute.
4. Add the beef stock and cream, and bring to a boil. Reduce heat and simmer the sauce until it has reduced some in quantity, about 3-5 minutes, stirring often.
5. Add the Scotch, mustard and lemon zest and heat until it bubbles again. Can be prepared ahead by an hour and reheated over gentle heat. If sauce gets too thick add about a tablespoon or water and stir in. If desired sprinkle additional lemon zest on top.

Per Serving (excluding unknown items): 77 Calories; 6g Fat (74.4% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.