

Omaha Filet & Rockefeller Spinach

Food Bank for the Heartland

March 7th, 2019

Serves 6

Filet

1 ea.	Beef Tenderloin, Cleaned and trimmed
¼ cup	Extra Virgin Olive Oil
2 Tbsp	Kosher Salt
2 Tbsp	Black Pepper

Spinach

1 ½ lbs.	Fresh Spinach, Cleaned
3 Tbsp	All-purpose flour
1 ea.	Yellow Onion
1 ea.	Fennel Bulb
½ Tbsp	Extra Virgin Olive Oil
2 cloves	Fresh Garlic
¼ c	Herbsaint or Pernod
1 cup	Whole Milk
2 Tbsp	Butter
½ tsp	Grated Nutmeg
1/3 cup	Grated Parmesan
–	Kosher Salt
–	Fresh ground Black Pepper

Filet

- Preheat oven to 400 degrees.
- Rub the filet with Salt, Pepper and oil.
- Using 8 10" strings of twine, evenly tie the steak to help keep its shape while roasting.
- Place on a roasting rack and roast for about 25 minutes or until the internal temperature of the steak reaches 125.
- Take the steak out, tent it with foil and let it rest for about 8 minutes.
- Slice into 6-8 medallions.

Spinach

- Bring water to a boil in a medium sauce pan. Blanch spinach just until it is wilted, strain them out of the water and rinse under cold water to stop the cooking. Ring them out and get as much water out of them as possible.
- Roughly chop the spinach. There should be roughly 3 cups.
- Finely mince the onion, fennel and garlic.
- In a large sauté pan, on medium heat, add the olive oil, garlic, fennel, onion and a little bit of salt. Sauté until the onions turn translucent. Add the Flour and stir until it comes together. Deglaze the pan with the Herbsaint and reduce by half. Then add the milk and season to taste with salt and pepper to make a Béchamel. Cook until it is thick and can coat the back of a spoon.
- Pour half of the Béchamel into a blender with 1 cup of the spinach. Puree until smooth.
- Add the rest of the spinach to the sauté pan and fold into the rest of the Béchamel. Fold in the green spinach puree, butter, nutmeg, parmesan cheese and season to taste with more salt and pepper.

Plate up:

Plate the Filet with the Rockefeller Spinach and garnish with fresh parsley leaf, Chives, fresh spinach leaf, or crispy onions. This recipe will go great with your favorite steak sauce and pairs well with a big Cabernet.