

# FILET MIGNON WITH WILD MUSHROOM RISOTTO, THYME & RED WINE JUS

PAIR WITH 2022 ESTATE CABERNET SAUVIGNON



## INGREDIENTS

*Serves 4 | Prep Time: 1 hour | Difficulty: Moderate*

4 beef tenderloin steaks (5 ounces each)  
Salt, pepper, olive oil  
1½ cups Arborio rice  
1 shallot, minced  
1 cup dry white wine  
5 cups warm beef stock  
2 cups mushrooms (shiitake, cremini), sliced  
2 tablespoons butter  
½ cup shaved Parmigiano-Reggiano  
1 teaspoon fresh thyme  
Optional: ½ cup red wine + 1 tablespoon  
demi-glaze or beef stock for pan sauce

## INSTRUCTIONS

1. Heat a large skillet (preferably cast iron) over medium-high heat and season the filets with salt and pepper on both sides. Add olive oil to the pan and sear the filets to desired doneness, approximately 2–3 minutes per side (depending on thickness) for medium-rare. Rest for 5 minutes.
2. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add mushrooms in a single layer (work in batches if needed) and sauté for 5–7 minutes until golden brown and moisture has evaporated. Stir occasionally. Season lightly with salt and pepper, then transfer to a bowl and set aside.
3. In a separate heavy-bottomed pot, melt 2 tablespoons of butter over medium heat. Add shallots and cook 2–3 minutes until translucent. Stir in Arborio rice and toast for 1–2 minutes until the edges look translucent. Add white wine and cook, stirring, until mostly absorbed. Begin adding warm stock ½ cup at a time, stirring gently and constantly, letting each addition absorb before adding more (about 18–20 minutes total).
4. Once the rice is creamy and tender with a slight bite, fold in sautéed mushrooms, fresh thyme, and Parmigiano-Reggiano. Season with salt and pepper to taste. Cover and let sit off the heat for 2 minutes before plating.
5. Optional: Deglaze the original searing skillet with red wine and demi-glaze. Simmer to reduce for pan sauce.

### Plating Instructions

Spoon risotto into a wide bowl or plate. Place filet mignon atop the risotto. Drizzle pan sauce if using. Garnish with additional thyme and shaved Parmesan.

### Chef's Note

Substitute top sirloin or New York strip for filet. Store-bought demi-glaze or reduced stock adds depth quickly.

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