

[B CELLARS
ENTRÉE]

Steak Dinner

with SAUTÉED MUSHROOMS & BRUSSEL SPROUTS

by Derick Kuntz, Chef de Cuisine | B Cellars Vineyards and Winery



Ingredients

STEAK

Two 8oz Filet Mignon steaks
(or cut of your choice)
2 tsp extra virgin olive oil
2 tsp worcestershire sauce
2 tsp B Cellars Spice Blend #8*

*Purchase at the winery or find at
www.bcellars.com

SAUTÉED MUSHROOMS

1 cup wild mushrooms
1 tsp fresh thyme
1 Tbsp olive oil
Salt to taste

CANDY GARLIC PUREE

1/2 cup garlic cloves
1/2 Tbsp brown sugar
1 Tbsp sherry vinegar
1/4 cup water + 1 Tbsp reserved
pinch of salt

BRUSSEL SPROUTS

1/2 lb brussel sprouts, quartered
1 Tbsp aged balsamic
salt to taste

BLUE CHEESE CREAM

1/2 Tbsp olive oil
2 Tbsp shallots, diced
1 tsp mustard seeds
1 star anise
1 tsp coriander
1/2 Tbsp whole all spice
1 cup red wine
1 cup cream
1 tsp salt
1 tsp pepper
2 oz blue cheese

Pairing Insights

Enjoy any B Cellars Cabernet Sauvignon with this simple, perfectly seasoned steak. Chef Derick Kuntz created the marinade using his proprietary beef spice blend. It compliments the wine perfectly by elevating the exotic spice notes while the abundant acidity in the wine matches the richness in the beef, leaving the palate primed for the next bite.



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Instructions

STEAK

In a small bowl, mix olive oil, Worcestershire sauce, and 2 tsp of B Cellars spice blend #8
Marinate steaks in mixture for 6-8 hours
Grill over medium-high heat until desired temperature is reached, flipping once during cooking
Remove from heat and let rest for 10 minutes before slicing or serving

BRUSSEL SPROUTS

Fry brussels until dark brown
Strain oil
Season with salt and toss with balsamic

CANDY GARLIC PUREE

Place all ingredients in a small sauce pan, cover and cook on medium heat until tender.
Remove lid and continue to cook until liquid has evaporated
The sugar will begin to caramelize
Place into a blender and add 1 Tbsp of water, puree until smooth

SAUTÉED MUSHROOMS

Chop thyme coarsely
Heat olive oil in a large saucepan over medium high heat
Add mushrooms, thyme, and salt
Sauté for 3-5 minutes

BLUE CHEESE CREAM

Sauté oil, shallots, mustard seeds, star anise, corriander, and all spice
Add red wine and reduce by 2/3
Strain to remove solid spices
Add liquid back to pan
Add cream, salt, pepper and reduce by 1/3
Remove from heat and fold in blue cheese

ASSEMBLE

Smear the garlic puree on the plate and place filet on top
Plate brussel sprouts next to filet
Top filet with sautéed mushrooms and blue cheese cream
Enjoy with a glass of B Cellars Cabernet Sauvignon

