

Betty's Sizzling Filet Mignon Steak Sandwich Recipe



Uploaded on 6 Sep 2009

In this video, Betty demonstrates how to make a delectable Sizzling Filet Mignon Steak Sandwich. One of the tenderest cuts of steak is grilled on an electric kitchen grill and spread with a mild, but nippy, horseradish sauce, and topped with sautéed mushrooms and onions. This sandwich is completed with a toasted onion bun and crisp lettuce leaves. Delicious!

Ingredients: (for 2 sandwiches)

(2) filet mignon steaks, trimmed of fat and about a quarter-pound each (You may use any boneless steak you like.)

meat tenderizer, to taste (No MSG)

freshly ground black pepper, to taste

extra virgin olive oil, enough to spread completely over uncooked steaks

¼ cup mayonnaise

1 teaspoon prepared horseradish

1 medium onion, sliced into half-slices

About 8 portobello mushrooms, cleaned and sliced

2 tablespoons extra virgin olive oil for sautéing mushrooms and onions (1 tablespoon for each)

2 onion buns, split into halves, and toasted in an oven (cut side up)

fresh lettuce leaves

Prepare your 2 steaks, by placing on a tray and trimming off any excess fat. Sprinkle both sides of the steaks with meat tenderizer, to taste. Grind fresh black pepper over both sides of the steak. Pour extra virgin olive oil over both steaks, and use your hands to rub the seasonings and oil into the steaks. Set aside. Now, prepare your spread. In a small bowl, mix together ¼ cup mayonnaise and 1 teaspoon of prepared horseradish. Stir until blended, and pour into a small serving bowl. Set aside. Plug in your electric kitchen grill and let it get hot. Place your 2 seasoned and oiled steaks on the grill and close. The steaks will cook very quickly, within about 5 minutes or so, depending on their thickness. Check them occasionally, if you are looking for a particular degree of doneness. While your steak is grilling, place your sliced onions in a small skillet with 1 tablespoon extra virgin olive oil, and place your sliced mushrooms in another small skillet with 1 tablespoon extra virgin olive oil. Sauté the onions and the mushrooms over low to medium heat, stirring occasionally. As your onions and mushrooms are cooking, place your cut onion bun halves in an oven that is preheated to 400 degrees and set on broil. Watch the buns closely, because they will brown in about 1 minute. Remove them from the oven when brown. Check your steaks, and remove them from the grill when done to your taste, and let them rest on a plate for a few minutes. When your onions and mushrooms are done, place them in individual serving bowls. You are now ready to assemble your filet mignon steak sandwich. On the bottom toasted bun half, spread a small amount of mayonnaise-horseradish spread. Next, place a small amount of sautéed mushrooms, and a small amount of sautéed onions. Now, place 1 grilled filet mignon steak on top of your vegetables, and place some fresh lettuce on top of the steak. Cap your sandwich off with the other toasted bun half. (Note: You may omit any of the toppings, or add more of your own—green peppers and cheese are some good choices for additions.) I think you will love this sandwich! It is very simple, and the filet mignon cut of beef steak is so tender and juicy! The steak is very flavorful alone, but is nicely complemented by the flavors of the spread, the vegetables, and the onion bun. I hope you enjoy this sandwich!!!