

Bacon Wrapped Filets Mignons

Wrapping bacon around filets mignons—steaks cut from the narrow end of the tenderloin—is an example of the classic French technique called barding. Covering lean pieces of meat such as these with bacon slices or thin sheets of pork fat contributes flavor and moisture to the finished dish. You can further enhance this special-occasion steak by drizzling it with earthy truffle-infused olive oil.

Ingredients:

4 filets mignons, each at least 2 inches thick and 6 to 8 oz.
2 Tbs. white or black truffle oil, plus more for drizzling over the steaks
1 tsp. salt
1 tsp. freshly ground pepper
8 slices thick-cut lightly smoked bacon

Directions:

Trim and season the meat

Using a rigid boning knife, trim all the fat and silver skin from the meat. Rub the meat on all sides with the 2 Tbs. truffle oil and sprinkle with the salt and pepper. Put the meat on a plate and let stand at room temperature for 30 to 60 minutes before grilling.

Wrap the steaks with bacon

Preheat an indoor grill to high heat according to the manufacturer's instructions. Lay the bacon slices on the grill and cook until lightly browned but still pliable, 5 to 7 minutes. Using tongs or a fork, transfer the bacon to a plate lined with paper towels and set aside. When cool enough to handle, wrap 2 strips of bacon around each filet mignon and tie them securely with kitchen string.

Grill the steaks

Reduce the grill heat to medium-high. Preheat an oven to 200°F and place a platter in the oven to warm. Arrange the steaks on the grill so that they line up in the same direction (be sure to remember the order in which you put the steaks on the grill so that you will know which one to turn over first). Leave the steaks undisturbed for 2 to 3 minutes to develop good grill marks. Use tongs to turn over the steaks and grill for 2 to 3 minutes more.

Test the steaks for doneness

Insert an instant-read thermometer into the thickest part of the meat, or cut into the

center. If you like your steaks rare, they should register 120°F or be deep red.

For medium-rare, wait until they register 130°F or are deep pink. If the steaks aren't ready, cover the grill and let them cook, undisturbed, for 1 to 2 minutes more per side and test again.

Let the steaks rest

Transfer the steaks to the warmed platter, cover loosely with aluminum foil and let them rest for about 5 minutes. This resting period gives the meat's juices, which rise to the surface during cooking, an opportunity to settle and redistribute themselves throughout the meat. The temperature will also rise about 5°F while the steaks rest.

Serve the steaks

Using kitchen scissors or a knife, cut off the string and discard it; the crisp, cooked bacon will hold its shape on the meat. Drizzle each steak with a little truffle oil and serve immediately. Serves 4.

Chef's Tip: Professional chefs can tell when a steak is done by poking it with a fingertip and evaluating its firmness. If it feels soft, the meat is rare. If your touch meets with a little resistance but springs back, it is medium-rare. If it feels firm and has no spring, it is well done.

-OurLocaltopia 2013-



www.ourlocaltopia.com