

# Beef Fillets with Cognac-Onion Sauce

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Servings: 2



Prep: 30 min., Cook: 36 min., Bake: 20 min., Stand: 10 min.

## Ingredients

2 (6- to 8-ounce) beef fillets  
½ teaspoon salt  
¼ teaspoon pepper  
1 tablespoon canola oil  
1 tablespoon butter or margarine  
1 small yellow onion, sliced and separated into rings  
1 small red onion, sliced and separated into rings  
1 bunch green onions, chopped  
6 shallots, chopped  
2 garlic cloves, minced  
¼ cup cognac (¼ cup red wine or beef broth may be substituted for cognac)  
¼ cup beef broth  
Salt and pepper to taste

## Cooking Method

Sprinkle beef evenly with ½ teaspoon salt and ¼ teaspoon pepper. Brown fillets in hot oil in an ovenproof or cast-iron skillet over medium-high heat 3 minutes on each side. Remove fillets, reserving drippings in skillet.

Melt butter in drippings over medium-high heat. Add yellow and red onion rings, and sauté 5 minutes.

Add green onions, shallots, and garlic, and sauté 10 to 15 minutes or until lightly browned. Stir in cognac and broth; cook over medium-high heat, stirring constantly, until liquid evaporates (about 5 minutes). Place fillets on top of onion mixture in skillet. Cover with aluminum foil.

Bake at 400° for 15 to 20 minutes or until a meat thermometer inserted into thickest portion of meat registers 135° (medium rare).

Remove fillets from skillet, reserving onion mixture in skillet; cover fillets loosely, and let stand at room temperature 10 minutes.

Cook onion mixture over medium heat, stirring constantly, 5 minutes or until liquid evaporates. Add salt and pepper to taste. Serve with fillets.