



Cowboy Fillet

with Sweet Potato Hash Browns



Local ingredients, expert preparation. Corporate Realty blends knowledge of local ingredients with expert skills to negotiate the best real estate deal for your business.





Cowboy Fillet Serves 4

"Cowboy fillet" refers to a bone-in beefsteak. We use tenderloin cut into large steaks two to three inches thick. Tenderloin fillet is the mildest-tasting cut of beef, but when cooked on the bone, it gains an intensity and concentration of flavor that you just can't get from boneless meat. Ask your butcher to prepare the steaks for you. If necessary, you can substitute a bone-in rib eye (also known as cowboy rib eye), a bone-in strip steak or Kansas City strip sirloin, or the more familiar T-bone or porterhouse.

Ingredients

- | | |
|---|---|
| Kosher salt and freshly ground black pepper | 1 marjoram sprig, leaves removed and chopped |
| 2 sweet potatoes, peeled and cut into ½-inch dice | Freshly ground black pepper |
| 1 tablespoon bacon drippings or olive oil | 1 ½ teaspoons olive oil |
| 2 medium onions, cut into ½-inch dice | Four 10- to 12-ounce bone-in beef tenderloin fillets (see headnote) |
| 1 garlic clove, minced (optional) | 4 slices Blue Cheese Butter or olive oil - for garnish (optional) |

Method

Bring a large pot of water to a boil and add 1½ teaspoons salt. Add the sweet potatoes and cook until tender, 6 to 8 minutes. Drain, pat dry, and set aside.

Meanwhile, heat a large sauté pan over medium heat, then add the bacon drippings and let melt. Add the onions and cook, stirring occasionally, until golden, 10 to 12 minutes. Add the sweet potatoes and garlic and cook over medium-high heat, stirring, until the sweet potatoes take on a little color, 3 to 5 minutes. Season with the marjoram, salt, and pepper. Taste and adjust the seasoning.

While the onions and sweet potatoes are cooking, heat a large heavy skillet over high heat. Add the olive oil and heat until almost smoking. Season the steaks with salt and lots of coarse black pepper. Reduce the heat to medium-high and sear the steaks, turning once, until nicely browned on both sides, then cook to desired doneness, 4 to 6 minutes total time for rare, 8 to 10 minutes for medium-rare. Transfer to a rack set over a baking sheet and let rest for 5 minutes.

Scatter the sweet potato hash browns onto individual plates and top each with a cowboy fillet. Garnish with the blue cheese butter (or a drizzle of olive oil), if desired.