

## Bistro Filet Au Poivre

COP Recipe Suggestion  
Serves: 10

### Ingredients

- 3 ¼ pounds potato oven roasted medley
- 4 tablespoons kosher salt
- 2 tablespoons ground black pepper
- 2.5 pounds chuck shoulder tender cut into
- 4 tablespoons cracked black pepper
- 4 tablespoons canola/olive oil blend
- 4 tablespoons minced shallots
- 2 cup beef broth
- 1/2 cup heavy cream
- 4 tablespoons butter
- 30 spears cut and cleaned of asparagus
- 4 tablespoons balsamic vinegar
- 2 tablespoons asparagus



Pre heat the oven to 350°. Toss the potatoes with 2 tablespoons ground black pepper and 2 tablespoons of the oil. Place in the oven for 20 minutes or until golden brown. Season the filets with salt and press into each side an equal amount of the cracked black pepper. In a sauté pan heat the remainder of 2 tablespoons of oil and sauté the filets until desired doneness is achieved. Remove from pan and add the shallots and sweat for 5 minutes. Deglaze with the beef broth raising the heat to high and reduce by half. Then add the cream and reduce by half again. Finish the sauce with 2 tablespoons of butter and season to taste with salt and pepper. In a separate pan on medium heat add 2 tablespoons of butter and sauté the asparagus. Season with salt and pepper and finish with balsamic vinegar. Serve with the roasted potatoes.

# Sysco Menu Item Report

SYSCO San Francisco Inc

510 226-3000

Menu Type Name: **dinner**

Menu Item Name: **bistro filet**

Last Updated: 3/29/2011 2:45:59PM

Serves - 10 for \$199.50

	Plate/Serving	Total	%
Price:	\$19.95	\$199.50	
Cost:	\$2.90	\$29.02	14.55
Profit:	\$17.05	\$170.48	85.45

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
9897372		BEEF SHLDR TNR TERES MAJOR CH	IBP	1	10.00	EA	\$1.14	\$11.39	0.39
7485170		*BUTTER SOLID USDA AA UNSLTD	WHLFARM	2	2.00	OZ	\$0.19	\$0.38	0.01
6176253		CREAM HEAVY 36% UHT	DAIRY F	3	4.00	OZ	\$0.13	\$0.50	0.02
7474306		POTATO OVEN RSTD MEDLEY	ALEXIA	4	3.25	LB	\$1.87	\$6.07	0.21
5568233		BROTH BEEF	SYS CLS	5	2.00	CP	\$0.06	\$0.13	0.00
6332845		OIL OLIVE CANOLA EVO 75/25	AREZZIO	6	2.00	OZ	\$0.11	\$0.22	0.01
6040760		SALT KOSHER	SYS CLS	7	4.00	TB	\$0.00	\$0.01	0.00
5229299	S	SPICE PEPPER BLACK CRACKED	IMP/MCC	8	4.00	TB	\$0.06	\$0.25	0.01
4773471		VINEGAR BALSAMIC	DEL DES	9	4.00	TB	\$0.01	\$0.04	0.00
2164846		ASPARAGUS FRESH 11LB	PACKER	10	10.00	EA	\$1.00	\$9.98	0.34
1821529		SHALLOT PEELED FRESH	SYS NAT	11	4.00	TB	\$0.02	\$0.06	0.00