



## Cajun Filet Mignon With Crawfish Cream Sauce

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Serves 4

### Ingredients:

4 (8 oz.) Filet mignon (2 inches thick)  
2 tsp Cajun Seasoning (McCormick Gourmet)  
Salt (Fleur De Sel)

### Crawfish Cream Sauce

1 TBSP unsalted Butter  
1 small Shallot minced – about 1 TBSP  
1 tsp fresh Thyme minced  
1 TBSP Tomato Paste  
Zest of 1 Lemon  
1 small clove Garlic minced (about 1 tsp)  
1 tsp Cajun Seasoning (McCormick Gourmet)  
1 TBSP Sherry  
1 cup Heavy Whipping Cream  
8 oz. Crawfish tail meat (thawed if frozen)  
1 Scallion finely minced (about 2 TBSP)  
Sea salt for seasoning (about ½ tsp)  
Flat Leaf Parsley minced for garnish.



### Directions:

Pat filets dry and bring to room temperature. Season both sides of filets with Cajun seasoning (½ tsp per filet). Spray grill with non-stick grilling spray. Preheat grill to 500 degrees and be sure to maintain temperature. Place steak on grill for 3 minutes. Rotate one quarter turn and grill for two more minutes. Flip the steaks and grill for three minutes. Rotate one quarter turn and grill for two more minutes. Place steak on the upper rack of the grill and with the grill lid open, cook until medium rare (5-6 minutes) or to desired doneness. Remove steaks from grill, sprinkle Fleur De Sel on one side, cover and let rest 10 minutes.

Meanwhile, melt the butter in a saucepan; Sauté shallot until tender. Add thyme, tomato paste, lemon zest, garlic and Cajun seasoning. Cook for 1 minute. Add sherry and cook until evaporated. Add heavy whipping cream and heat until it starts to simmer and thicken slightly about 3 minutes. Add crawfish meat. Heat through. Add Scallions cook for 1 more minute and salt to taste.

To serve, remove any kitchen string that may be around filets. Place the steaks on warmed plates. Using a 1½ inch ring mold or biscuit cutter placed on top of a filet, spoon the crawfish sauce inside the mold allowing the sauce to drizzle down over each steak. Gently lift the mold and garnish with finely chopped flat leaf parsley.