



TWO MOUNTAIN WINERY

### **Poached Filet of Beef with “Frizzled” Shallots or “Mom’s Boiled Beef”**

4 - 6 Tenderloin Filets, 1 1/2 inches thick  
1 bottle Two Mountain Winery Cabernet Sauvignon  
1 medium shallot, minced  
2 sprigs fresh thyme  
1 can (10 1/2 oz.) beef stock

In a large skillet, combine the TMW Cabernet Sauvignon, shallots and beef stock. Over high heat, bring to a boil, then reduce the heat to medium. Add the thyme and the filets - the broth should come to a simmer. Simmer gently, flipping the filets once, until desired doneness - about 4-5 minutes/side for rare.

Serve topped with Frizzled Shallots

