

Filetto al Barolo - Beef Filet with Barolo

Ingredients	Preparation
<p>Ingredients: 2 Beef Filets, approx. 1 inch thick Flour (for dredging) 1 tablespoon Butter 1/3 - 1/2 cup Barolo Wine 1/4 - 1/2 cup Broth Salt, to taste</p> <p>Suggested Wine Pairing: Aldo Clerico's Barolos: Barolo - Serralunga Barolo - Barolo Ginestra</p> <p>Serves: 2 portions</p>	<ol style="list-style-type: none"> 1. Lightly dredge each beef filet in the flour, and melt the butter in a skillet over medium to medium-high heat. 2. When the butter is melted, gently place the filets in the skillet and salt one side, flipping after approximately 1-2 minutes, or when it has just started to brown, and salt the second side. 3. Carefully add the Barolo wine to the skillet, and let it simmer and cook down, flipping the filet once. Once the wine has cooked off, add some broth. 4. Continue to cook, flipping occasionally to ensure an even cook, or adding a touch more broth if necessary, until done. Best served at medium rare, or 135°F. 5. When cooked, remove from the skillet and let rest 2-3 minutes. Serve in slices or whole with a drizzle of the sauce from the skillet over the top.

This recipe is courtesy of Trattoria Risorgimento in Treiso, Italy.

Tender beef filet is one of the most prized cuts of meat, giving depth of flavor, tenderness and juiciness like few other cuts. It seems only fair then, to pair it with a King of Italian wine: Barolo. The key here is to not overcook the delicate beef *filetto*, while cooking the wine down to create a sumptuous and rich sauce.

While most red wines will work well with this method, Vero Chef Jacqueline recommends picking a bold, flavorful wine like Barolo as it adds an extra complexity and deep beautiful color to the final cooked filet as well as the sauce served over it.