



Catalan recipe for this wine:
Boles de picolat

Porc Fillet Mignon with mushrooms

Serves 6

Preparation: 25 mn Cooking time: 30 mn



We recommend for this recipe:
Côtes du Roussillon Cuvée "Ivresse des sens"

INGREDIENTS

- 800 g porc fillet mignon
- 1 sheaf of small carrots
- 400 g mixed mushrooms: bolete, field mushrooms (champignon), yellow foot, yellow chanterelle, oyster mushroom
- 1 shallot
- 1 tablespoon chopped parsley
- 400 g wild rice
- 10 cl dry white wine
- 4 bay leaves
- 20 cl fresh cream
- 30 g butter
- salt, pepper

PREPARATION AND COOKING

1. Peel and wash carrots.
2. Clean mushrooms with little water and cut in large dices.
3. Peel and finely chop shallot.
4. Salt and pepper the fillet mignon and fry well on every side in 10 g butter for a few minutes.

5. Reduce heat, add carrots and white wine and let simmer for 20 m while stiring often.
6. Cook the rice in salted boiling water.
7. Fry mushrooms and shallot in the remaining butter, salt and pepper.
8. Keep cooked meat aside wrapped in aluminium foil. Pour fresh cream in the gravy and boil for 5 mn, control spicing.
9. Serve rice with slices of fillet mignon topped with carrot sauce. Sprinkle with chopped parsley.

"Bon Profit, Salut!"
-Bon appétit and Cheers !

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