

# Broiled Filet with Crab Cream Sauce



## **Ingredients:**

2 6oz Painted Hills Natural Beef filets

## **Meat Directions:**

Sprinkle both sides of the filets with 5/C Steak Seasoning\*,  
Approximately twenty minutes before you broil them.

\*Note: let the filets stand at room temperature while this is being done.  
Do not put them back in the fridge.

Place filets on broiler pan in preheated 450 degree oven for 4-5 minutes. You do this because these filets are thick and it will bring up the internal temperature before broiling.

Turn oven on broil (HI) and cook each side approximately 6 minutes. Internal temperature should be 140 degrees for medium rare. Serve filets with a few crab claw meats arranged on top, then top with a healthy dollop of cream sauce and a few more capers.

## **Crab Cream Sauce Ingredients:**

2 Tablespoons butter

2 Tablespoons flour

½ teaspoon salt

1 Cup rich milk

¼ teaspoon pepper

1 egg yolk (beaten)

6-8 ounces Dungeness crab meat (save claw meat for garnish)

2 teaspoons capers (drained)

## **Directions:**

Melt butter in saucepan, then add the flour and stir until smooth. Add the salt and

milk very slowly, stirring continuously so it won't lump. Add the pepper and cook 3 to 4 minutes over a very low flame. If the sauce is made ahead of time, let it stay warm in the top of a double boiler. When ready to serve, add in crab meat, capers and egg yolk. The egg yolk is optional, but it adds texture and richness to the sauce.