

**Rosemary Rubbed Beef Tenderloin with
Green & Black's Organic Chocolate Port Reduction**

Quality ingredients are the secret to this indulgent and surprisingly simple recipe featuring all your favourite Valentine's Day tastes. Luscious Green & Black's Organic 85% Cocoa Dark Chocolate complements earthy rosemary and rich beef tenderloin in a Port reduction.

Ingredients

½ tsp	Black pepper, coarsely ground
2 tsp	Rosemary, fresh, minced
½ tsp	Dry mustard
¼ tsp	Garlic powder
¼ tsp	Salt
2	Filet mignon filets, trimmed
1 Tbsp	Extra virgin olive oil



Sauce Ingredients

¾ cup	Good quality port wine
¼ cup	Beef stock, reduced sodium
1 tsp.	Rosemary, fresh, finely minced
½ Tbsp	Aged balsamic vinegar
20 g	Green & Black's Organic 85% Dark Chocolate
1 tsp	Butter
	Salt and pepper, to taste
	Fleur de sel, for garnish
	Rosemary, fresh, for garnish
	Parsley, fresh, for garnish

Directions:

Preheat oven to 400 F.

In a small bowl, mix together the pepper, rosemary, mustard, garlic and salt. Pat the filets dry and then season on both sides with the rub.

Heat the oil over medium high heat in a medium, non-stick or cast-iron skillet. Add the beef filets and sear until golden brown on both sides, about 3 minutes per side.

Transfer to a baking sheet and bake in the oven until your desired doneness.

While the filets finish in the oven, add the port, beef stock and rosemary to the pan the steaks were cooked in, and raise the heat to medium high. Scrape up any 'beef bits' from the pan and cook until the liquid is reduced to a light syrup.

Remove from heat and stir in the balsamic, Green & Black's Organic 85% Dark Chocolate, butter. Salt and pepper to taste.

Remove the filets from the oven, and transfer to serving plates. Drizzle with the port chocolate sauce and garnish with a pinch of fleur de sel and fresh rosemary or parsley.

Serves 2

Tips: Because filet mignon are such a lean cut of meat, be attentive and careful not too over cook them as they can become quite tough.