

Seared Steak and Mushrooms on Creamy Polenta

<http://userealbutter.com/2011/04/10/steak-mushrooms-polenta-recipe/>

polenta

3 cups water
1/3 tsp salt
1 cup dried polenta
1 tbsp butter

the rest

2 tbsps butter
2-3 oz. chanterelle mushrooms per person, wiped clean and sliced thick
pinch salt
salt and pepper
one 6-8 oz. steak (filet mignon works well) per person
vegetable oil for pan-searing
[port reduction sauce](#)

In a medium saucepan, bring the 3 cups of water and salt to a boil. Reduce to a simmer and pour the polenta into the water in a steady stream while stirring constantly. Stir for about 20-30 minutes until the polenta becomes thick and tender. (If it dries out too quickly, you'll need to add some hot water). Stir in a tablespoon of butter.

Heat 2 tablespoons of butter in a sauté pan over medium high heat until the butter is melted. Add the mushrooms and cook until browned. Flip and brown the other sides. Sprinkle a pinch of salt over the mushrooms. Remove from heat and keep warm.

Sprinkle salt and pepper on all sides of the steaks, rubbing to distribute evenly. In a sauté pan, heat a tablespoon of vegetable oil over high heat. When the oil shimmers, place the steaks in the pan (but don't crowd them) and cook until the base is nicely browned. Flip and cook the other side. I like rare, so this takes about 2-4 minutes per side for 2-inch thick steaks. Remove the steaks from the pan and tent them under foil for 5 minutes. Use the fond (the browned bits) in the pan to make the port reduction sauce. When the steak has rested, slice the meat on a diagonal (against the grain) into 1/4-inch thick slices.

To serve, spoon polenta onto a plate, layer slices of mushroom, and then arrange slices of steak in a fan. Pour reduction sauce on top or serve on the side.