



FOR IMMEDIATE RELEASE
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**WORLD FAMOUS SARDINE FACTORY CELEBRATES NATIONAL FILET MIGNON DAY
WITH THE BEST COOKED STEAK IN MONTEREY**

Executive Chef Bert Cutino shares his special recipe and tips for cooking the perfect steak.

MONTEREY, CALIF. – The world famous Sardine Factory in Monterey, Calif., invites you to celebrate National Filet Mignon Day on Saturday, August 13, 2011 by enjoying the best filet in Monterey. Served with wild mushroom gratin, sautéed Salinas Valley spinach, garlic mashed potatoes and topped with a delectable béarnaise sauce, the Sardine Factory's "Factory Cut" 14-ounce USDA Bone-In Filet Mignon will have diners' mouths watering and their stomachs grumbling. After one bite, they fall in love.

"The best way to cook a steak is to sear it on both sides using a black cast iron skillet before putting it on a broiler or in an oven broiler. This seals all the juices in the meat. Meat will be crusted on the outside but cooked to your desired temperature on the inside. Remember, the rule is the thicker the steak, the more flavor," said Bert Cutino, Sardine Factory Chief Operating Officer and Executive Chef. "I recommend seasoning the steak with kosher salt and cracked pepper, with the option of a touch of soy sauce and granulated garlic to enhance flavor," he said.

An expert chef for decades, Burt Cutino is letting us in on one of his most special recipes in honor of National Filet Mignon Day: Tournedos Regina.

Tournedos Regina

(serves 6)

Ingredients:

6 Eggplant slices, peeled (1/4 inch thick)

½ cup all-purpose flour

1 teaspoon basil

¼ cup chopped shallots

3 tablespoons butter

¾ cup beef broth

1 ½ cup sliced mushrooms

2 tablespoons chopped chives

3 tablespoons Madeira

6 mushroom caps

24 white or green asparagus

6 4oz. beef tenderloin filets

Salt & Pepper

All-purpose flour to lightly cover pieces of tenderloin

Paprika, to season

Directions:

Dip eggplant slices lightly in the ½ cup of flour that has been seasoned with 1 teaspoon basil. In a 10-inch skillet, cook eggplant in 6 tablespoons of butter until browned on both sides, about 5 minutes. Remove and keep warm.

In same skillet, cook shallots in 3 tablespoons of butter for 1-2 minutes. Add sliced mushrooms and cook until tender. Stir in beef broth, Madeira and chives. Add mushroom caps. Cover and cook for 5 minutes or more.

Heat asparagus spears in 1 cup of water with 1 tablespoon of butter. At the same time salt and pepper pieces of tenderloin; dip in flour. Pan fry in hot fat to desired temperature, about 2-2 ½ minutes per side for rare.

For each serving, on a plate, layer eggplant slices and beef. Remove mushroom caps from sauce; spoon about 1 tablespoon of mushroom/chive sauce over Tournedos. Top each with a mushroom cap. Pyramid asparagus on side and sprinkle lightly with paprika.

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About the Sardine Factory Restaurant

The Sardine Factory, established in 1968, combines fresh seafood, USDA Prime meats and produce with impeccable service, an award-winning wine cellar and four distinct dining rooms. Promising guests the dining experience of a lifetime, the restaurant has received the Distinguished Restaurants of North America (DiRoNA) Award, Wine Spectator's Grand Award, Restaurant Hospitality's Best Wine List in America, in addition to being named to the Top Ten Most Romantic Restaurants on the Central Coast by Open Table, among many other honors. The Sardine Factory is located on historic Cannery Row at 701 Wave Street in Monterey. For more information, visit www.sardinefactory.com or call (831) 373-3775.