

Filet Mignon Sicilian

Le ricette di cucina di Debbie Watts

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By Claudia Roden*



Sicily

Sicily has a rich culture and cuisine contributed by being in occupation for nearly two thousand years. Its foods are one of the most varied and exotic of all of Italy. You can find influences of Egyptian, Spanish, Greek, Roman, Arab, Norman, German, Austrian, French, and English in its culture and food. The Greeks introduced honey, wine, olives, ricotta, focaccia and fish soup; the Byzantines brought sharp cheese and spicy biscuits; the Normans salted cod; the Spanish tomato sauce and sweet and sour flavors; the English dessert wines; the Arabs eggplant; and the Egyptians brought the family together by sitting and eating with piles of food to dine on.

The fusion of cultures produced a rich and aromatic style of cooking which we still enjoy today.

Ingredienti

3 lbs. filet mignon
6 strips of bacon
2 onions sliced
Salt and pepper to taste
¼ lb. butter
¾ cup sherry

Come Fare

Slice the filet 1 ½ inch thickness. Heat a skillet and brown bacon, slightly. Add onions brown 2 minutes. Remove bacon and onions; put in filet and brown over high flame 5 minutes each side. Lower flame, continue frying 5 minutes. Cover. Add salt and pepper. Melt butter and pour over fillets. Add sherry and simmer 2 minutes. Serve hot.

Buon Appetito!

Please send recipes, comments and suggestions to

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