

In the Galley with Trudy

Filet Mignon with Balsamic Syrup

1 ½ cups balsamic vinegar

3 Tbs sugar

2 Tbs unsalted butter

6 (5- to 6-oz) filet mignon

steaks, ~1-inch thickness

salt & freshly ground pepper

2 ounces soft, fresh goat cheese



Boil the balsamic vinegar and sugar in a small, heavy saucepan over medium-high heat until reduced to $\frac{1}{3}$ cup, stirring occasionally, approximately 18 minutes.

Meanwhile, preheat the broiler. Melt the butter in a large, heavy skillet over medium-high heat. Sprinkle the steaks with salt and pepper, and cook to desired doneness (about 3 minutes per side for medium-rare). Transfer the steaks to a baking sheet. Crumble the cheese over the steaks and broil just until the cheese melts, approximately 1 minute. Transfer the steaks to plates. Drizzle the balsamic syrup around the steaks and serve. •