



FILLET WITH PEPPER AND CHOCOLATE PORT SAUCE

This fillet with Porto sauce is a recipe whose harmony of flavors will conquer the most demanding palates.



INGREDIENTS:

4 threads of about 200 g each
extra virgin olive oil salt
pink pepper

FOR SOUCE

100 ml of port or sherry
1 tablespoon honey
30 g of dark chocolate Emilia



Difficulty
EASY



Preparation
21 min



Portions
4

- 1 Prepare the sauce: in a pot bring a boiling the port with honey and a pinch of salt, then combine the chocolate and let it thicken for ten minutes.

TIP

You can make a version of the sauce more savory by adding a good ground of pepper or chili.

- 2 Meanwhile, bake the meat: pass it in a non-stick frying pan lightly greasy with olive oil, each fillet 3 minutes per side. Place a plate for dish, salt, sprinkle with pink pepper berries and tap with the sauce.
- 3 Before serving, accompany the meat with baked potato chips and green beans in pan