



PHOTO BY DAVE SPECKMAN

**DIRECTIONS:**

For the Kobe Filet Mignon, ask the butcher what is the BMS score and what grade of Kobe "Wagyu" it is. This will determine the value and what you should pay for the meat. You can either purchase already trimmed and cut portioned filets or an entire tenderloin. I recommend if you are going to purchase an entire tenderloin, make sure that you have trimmed one out before, simply because of the cost involved. In the preparation of this meat, season very well with kosher salt and fine grind pepper, I also spray my steaks with olive oil. If you are going to grill the meat, do not walk away from the grill. These particular steaks cook very fast—they are not like choice or even prime grades of beef. Turn one side of the grill on high and the other on low; cooking is not a race, so mark the steaks on the high side and do the angles on each side and then move the steaks to the low side and probe after 5 minutes. Stick the thermometer in the middle of the steak half way down; allow the thermometer to give you a reading and either keep cooking on the low side or take off to rest.

<p><b>Perfect beef temperatures every time:</b>          Rare: 80°F          Mid-rare: 1053°F          Medium: 135°F          Mid-well: 155°F          Well: 165°F</p>
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You want to make sure that everything else is done before you cook the beef. Allocate fifteen to twenty minutes for your steaks to be done and always include rest time for the beef. A rest time of three to five minutes is perfect.

**CABERNET MAPLE DEMI GLACE**

**DIRECTIONS:**

Purchase a good quality veal demi glace that is already prepared. Ask your favorite grocer to find it for you if you cannot. To start, in a heavy bottom saucepan, over compensate for bubbling, add the cabernet wine and the maple syrup, turn heat on high until the mixture starts to boil and the turn the heat to medium and reduce the liquid by 50 percent. Once this is reduced, add the demi glace tub (bar), bring to a simmer, and reduce by 25 percent. The reason we use reduction is to intensify and remove excess water that is in the product, creating a better tasting, thicker liquid. Reserve warm. This can be done days ahead of time if you eat a lot of steak, just wrap it up tightly and place in the refrigerator. To warm, place in microwave on low, or place in saucepan and heat on low until warm. Do not boil.

**PARSNIP PUREE**

**DIRECTIONS:**

In a wide, high side skillet, add the butter and the parsnips and over medium heat, sweat the parsnips until they appear to be wet. This will take less than five minutes. Once this is achieved, add three quarters of the quart of cream (you want to cover the parsnips by three quarters). Do not overflow the parsnips with cream—it's not catastrophic—you are going to need to reduce again. Gently simmer the cream and parsnip mixture until the parsnips are tender. If you have too much cream, on a lower heat, slowly reduce the cream until thick, but keep stirring so no

burning occurs. Remove from the heat and add to a blender, let sit for 10 minutes to cool down slightly. Then, on a high setting, with the lid firmly attached, pulse until the pressure in the container is managed, then turn on high and create a non-lumpy puree. If you mixture is too thick, add some cream and pulse until the consistency is smooth and pliable. Season with salt, pepper and reserve.

**FARRO**

**DIRECTIONS:**

In a large saucepan, fill three quarters with water and turn the heat to high. Bring to a boil. In another large skillet, on high heat, add butter, farro and onions, and sauté for a few minutes, gently toasting the grains and sweating the onions. Next, add the red wine and allow to simmer until absorbed into the grain. Add a few ladles of boiling water, one at a time, to the grain. Repeat this until the grains are tender. You will not use all of the water. The tricky part of this method is that grains vary and so does the amount of water that you will need. Once your grains are finished, remove from the heat and reserve. To prepare the finished farro, in a smaller sauté pan, add a pat of unsalted butter, a pinch of garlic, shallot, leek and portabella mushroom, and sauté until the mushrooms are tender. Do not burn the garlic. Remove from heat and add brandy. Use caution as this will flame on contact with any fire. If you have an electric stovetop, use a lighter, and ignite and sauté carefully until the flame goes out. Add a good amount of already cooked farro and warm up, stirring often. Season with salt and pepper, and for good luck add a touch of your demi glace for a deeper flavor. Grill your onions, rub with olive oil and season.

**TO PLATE:**

Place farro on bottom, parsnip puree on farro, steak on farro/parsnip. Swirl demi glace onto meat and place the grilled onions on steak. Enjoy!



**CHEF ERIC NITTOLO**

As a young person, Eric Nittolo found inspiration in cooking from two people—his Italian grandmother in New York and a Cajun chef who was on PBS, and constantly said "a little more wine." However, it wasn't until he failed to get accepted into Pharmacy School that he turned towards culinary science and the food industry. He eventually studied industrial chemistry and this guided him into research and development in the food industry. After four years of creating products for other people, his wife's father offered him the opportunity to purchase a specialty foods company that needed help creating new and innovative products. After eight years and more than a hundred new products (a half dozen of which won national awards), he was ready to move on.

Nittolo enrolled in the Great Lakes Culinary Institute in Traverse City. In May of 2007, he was an intern at the Boathouse Restaurant on Old Mission Peninsula in Traverse City. Because of his enthusiasm and willingness to succeed, he was appointed chef by October 2007. He didn't graduate from culinary school until May 2008, so he was learning at an amazing pace and trying to create new dishes. It wasn't until he started reading about a couple of specific chefs, that he unlocked his potential. It was a simple concept—UMAMI, the Asian concept of flavors—that he understood and saw food in an entirely different manner. Today, the Boathouse Restaurant boasts an outstanding reputation for its menus, unique cuisine and endless possibilities. Nittolo's future goal for cuisine is to create more complex dishes but yet keep it very simple, so what you don't know what the terms are. That's why you want to eat his food!

**BOATHOUSE RESTAURANT**

*Exceptional Waterfront Dining*

**MAKE YOUR NEXT DINING EXPERIENCE ONE TO REMEMBER!**

The cuisine of the Boathouse, created with distinctive flair by Executive Chef Eric Nittolo, is refined and contemporary, with an underlying element that echoes the classical French tradition of Escoffier. Incorporating only the finest ingredients, from Kobe beef and Dover sole to a wide range of local products.

Join us for lunch on the deck, a sunset dinner or anything in between.

Make the Boathouse your next dining destination on old mission peninsula.



*The finest cuisine and sunsets in Northern Michigan*



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**BOATHOUSE TRVERSE CITY**  
**KOBE FILET MIGNON WITH PORTABELLA SPELT PILAF, PARSNIP PUREE, ONION RING AND CABERNET MAPLE DEMI GLACE**

*Read all instructions before starting.*

*You will need a probe thermometer—calibrated and digital is best.*

**INGREDIENTS:**

- Kobe Filet Mignon (available at finer grocers or online at 1-800-kobebeef.com)
- 1 bag (17.6 ounces) farro (Italian heirloom spelt)
- 1 stick unsalted butter
- 2 cups cabernet sauvignon (the boxed variety is fine)
- 1/2 red onion, diced small
- 1/2 red onion sliced thin
- 1 portabella mushroom cap, large
- 1/8 cup garlic, peeled and minced
- 1 shallot, diced small
- 1/2 leek, diced and cleaned
- 1/2 cup brandy
- 1-pound tub veal demi glace (Bone Works or similar brand, available at finer grocers)
- 1 1/2 cup cabernet sauvignon (more boxed cooking wine)
- 1/2 cup maple syrup (grade "b" is perfect)
- 1 pound parsnips, peeled and diced into uniform wheels
- 1 stick unsalted butter, cubed small
- 1 quart heavy cream
- kosher salt
- fine grind black pepper (or peppermill)