

## Valentine's Day Menu

### **Filet Mignon:**

Season both sides with salt, pepper, and paprika

Using a saute pan, sear both sides for 2-3 mins per side to give it a good color

Place in a 425 degree oven until desired doneness

### **Poached Lobster Tail:**

2 lobster tails

1.5 cups water

6 oz white wine (plus a little for drinking)

Juice of 1 medium sized lemon

1 bay leaf

5 sprigs of thyme

1 clove of garlic, minced

1 stalk of celery chopped

1 medium sized onion, chopped

1 pinch of crushed red pepper flakes

Bring contents up to a boil, and then simmer for about 10-12minutes. Strain the contents leaving only the liquid. Using only the liquid, bring back to a boil. Add in the lobster tails and poach for about 5-7minute (depending on size). Turn off the heat and let the tails steep in the liquid for another 8-10 minutes.

### **Tuscan Kale:**

1 pound of Tuscan Kale with the stems removed (you can chop the kale if you like, I personally like the whole leaf look)

1 tbl olive oil

2 large shallot thinly sliced

2 clove garlic, minced

2 tbl red wine or cider vinegar

Vegetable stock to use as needed

Salt & pepper

Using a hot saute pan, add oil, shallot, garlic, some salt & pepper and cook over medium heat until shallots and garlic begin to get soft. Turn the heat to high, and add in the vinegar, and a little bit of the stock. Add in the kale and cook until the kale becomes soft. If the pan begins to dry up (all of the liquid has evaporated) add in more stock as needed.

