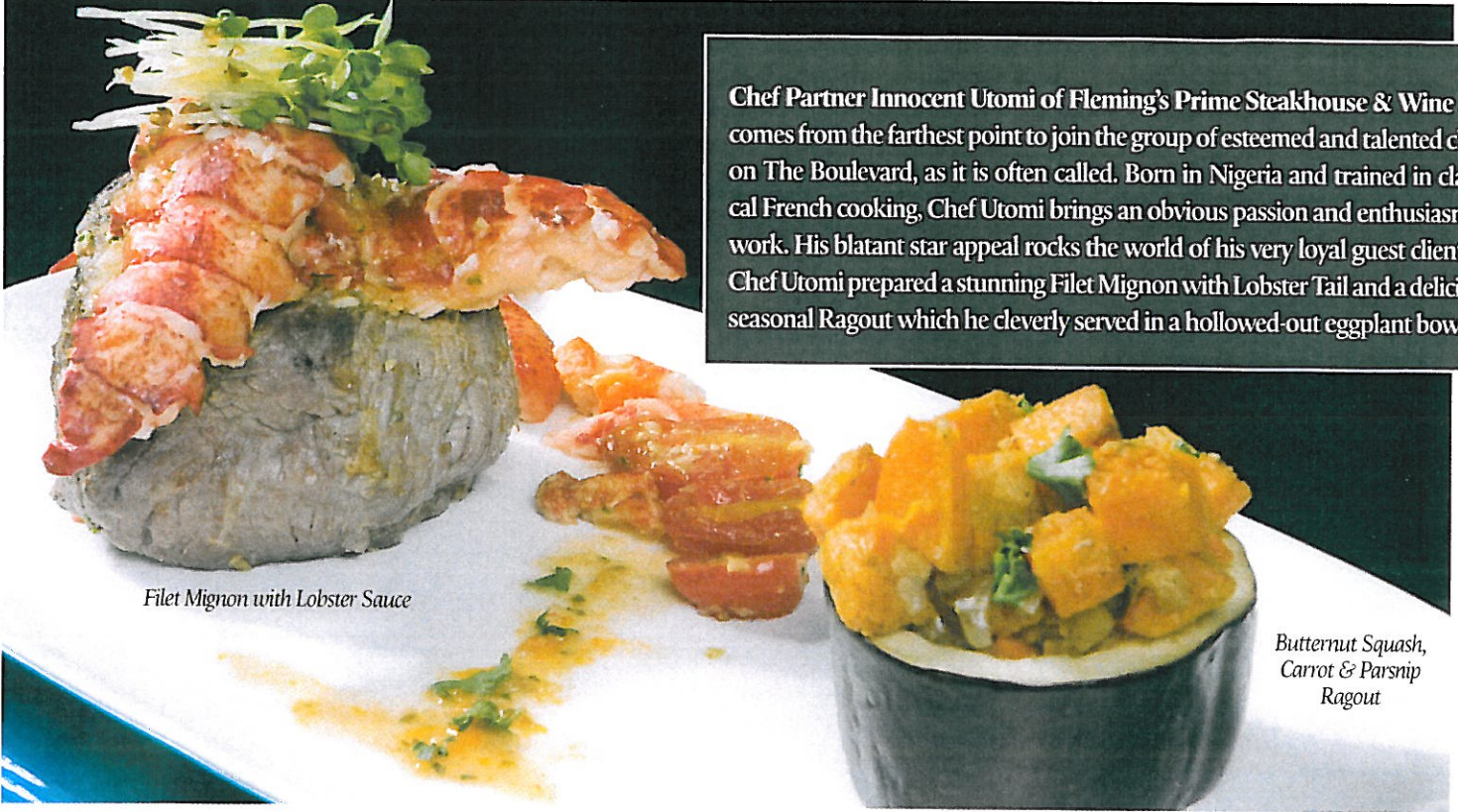


Exclusive to DESTIN MAGAZINE

*What happens when
top chefs converge?*
The Perfect Meal



Chef Partner Innocent Utomi of Fleming's Prime Steakhouse & Wine Bar comes from the farthest point to join the group of esteemed and talented chefs on The Boulevard, as it is often called. Born in Nigeria and trained in classical French cooking, Chef Utomi brings an obvious passion and enthusiasm to work. His blatant star appeal rocks the world of his very loyal guest clientele. Chef Utomi prepared a stunning Filet Mignon with Lobster Tail and a delicious seasonal Ragout which he cleverly served in a hollowed-out eggplant bowl.



Filet Mignon with Lobster Sauce

Butternut Squash, Carrot & Parsnip Ragout

Filet Mignon with Lobster Sauce

Chef Utomi says this recipe serves one. I believe that would be one very large ogre! Actually, this is perfect for two regular-sized people.

- 2 TBSP olive oil
- 1 shallot (finely chop)
- 1 tsp garlic (finely chop)
- 1 tomato (diced)
- 1/4 cup white wine
- 1/4 cup chicken stock
- 1/8 cup brandy
- 4 oz lobster meat (tail and knuckles)
- 1 tsp fresh tarragon (finely chop)
- Season to taste with salt and pepper

Heat the oil in a medium size sauce pan, on a medium heat. Add shallot and garlic. Cook for 1 min. Add tomato. Cook for 2 min. Add white wine and stock and reduce by half about 2 to 4 min. Add the brandy and reduce for 1 min. Add the lobster meat and cook on a low heat until the lobster meat is cook. Season to taste with salt, pepper and tarragon.

Filet mignon

12 oz Filet Mignon, season with 1/2 TBSP of salt and pepper. Broil to desire temperature.

Butternut Squash, Carrot & Parsnip Ragout

- 1 TBSP olive oil,
- 3 cups peeled and cubed butternut Squash (about 1 lb)
- Salt & freshly ground black pepper
- 1 -1/4 cup chicken stock
- 1 TBSP butter
- 2 cups peeled, diced carrots
- 2 cups peeled, diced parsnips
- 1 TBSP sugar
- Leeks, trimmed, 2 each (all but 2" of green removed), cleaned and chopped
- Freshly grated nutmeg to taste

Preheat oven to 350 degrees.

In a shallow roasting pan on the stovetop, heat olive oil over medium heat. Add squash, season with salt and pepper and toss gently. Add 1/2 c of the stock and transfer the pan to the oven. Bake for 15 minutes, or until squash is just tender; do not over cook.

Meanwhile, in a large nonstick skillet, heat butter over medium heat. Add carrots, parsnips, sugar and salt and pepper to taste; cook until the vegetables are lightly browned, about 3 minutes. Add 1/2 c of the stock, cover the pan and simmer until tender, about 10 minutes. Transfer to a dish and set aside.

Add leeks and the remaining 1/4 c stock to the skillet, season with salt and pepper, cover the pan and simmer until tender, about 10 minutes. Add the reserved squash, carrots and parsnips and toss gently. Taste and adjust seasonings, adding a grating of nutmeg. Simmer for an additional 3 to 4 minutes to warm through before serving.