



Restaurant Style Filet Mignon



Ingredients:

- 2 (10-oz) filet mignon
- 2 TBS vegetable oil
- 1 TBS fleur de sel
- 1 TBS coarsely cracked black peppercorns
- 2 TBS unsalted butter, at room temperature, optional

Method:

1. Preheat the oven to 400 degrees F.
2. Heat a large, well-seasoned cast iron skillet over high heat until very hot, 5 to 7 minutes.
3. The key to getting the great sear on these steaks is to make sure you pat them completely dry, before applying any of the oil. This will ensure the steaks to move around easily when flipping and will also keep all of the great flavors of the salt and pepper locked on to your steak and not burned onto your pan.
4. With steaks dry, brush them lightly with vegetable oil.
5. Combine the fleur de sel and cracked pepper on a plate and roll the steaks in the mixture, pressing lightly to evenly coat all sides.
6. When the skillet is ready, add the steaks, and sear them evenly on all sides for about 2 minutes per side, for a total of 10 minutes.
7. Top each steak with a tablespoon of butter, if using, and place the skillet in the oven. Cook the steaks until they reach 120 degrees F for rare or 125 degrees F for medium-rare on an instant-read thermometer.
8. To test the steaks, insert the thermometer sideways to be sure you are actually testing the middle of the steak.
9. Remove the steaks to a serving platter, cover tightly with aluminum foil, and allow to rest at room temperature for 10 minutes.