

## **Grilled Filet Mignon**

Courtesy of Carole's Creations

Prep Time: 5

Standing Time: 30-40 minutes

Cooking Time: 8 - 12 minutes

Medium rare 120-125 degrees F

Medium 130 – 135 degree F

Serves: 4

**CChints:** A cast iron skillet or flat griddle is the key to sealing in the natural steak juices. It provides a flat surface that heats up very well and allows the meat to sear which keeps the juices in the steak and locks in the flavor. Use a meat thermometer to test the internal temperature of the meat.



4 Filet mignons, 1-1/2 inches thick

Salt and pepper to taste

Emeril's Steak Seasoning

1 tablespoon olive oil

4 teaspoons butter

One hour before grilling remove the steaks from the refrigerator. Rinse the steaks and lay them on a cutting board. Pat dry and sprinkle one side with salt and pepper. Turn them over and lightly brush the tops with the olive oil. Generously sprinkle the top with the steak seasoning and salt and pepper, gently pressing it into the meat. Let sit at room temperature for 30-40 minutes while the grill heats up. The meat needs to come to room temperature before grilling.

Place the dry cast iron griddle/skillet on the grill. Heat the grill to high heat, around 550 – 600 degrees F and close the cover. If you are using a gas grill, this should take about 10-15 minutes. Time is so the grill is ready when the steaks have sat for 30-40 minutes.

During this time start preparing the side items you want to go with your steaks.

When the grill is hot, lay the steaks on the cast iron piece, oil side down and grill for 5 minutes with the cover open. Do not move the steak during this time. After the initial 5 minutes, flip the steaks over and cook for 3 minutes. Drop 1 teaspoon of butter on each steak and insert the meat thermometer and let it come to the temperature for the way you like your steaks cooked. You can slice into a steak to check the center. They will continue to cook even after they have been removed from the grill. Remember, you can always put the steaks back on the heat to cook them more but you can't un-cook a steak.

Remove from the grill and place on serving plates. Let rest for 1 minute to allow the juices to redistribute in the meat. Serve with your side dishes. Enjoy.