

Pan Seared Sirloin Filet

INGREDIENTS

- 2 filet mignon steaks, each about 6- to 8-ounces and 2-inches thick
- Kosher salt
- Freshly ground black pepper
- Two Brothers Sweet and Smokey
- Softened butter and fresh chopped garlic to finish the steaks, optional

METHOD

1. Remove the filets from your refrigerator. Using a paper towel dry the surfaces of the meat. Season the top and bottom surfaces with salt and black pepper, using your fingers to gently press down on the seasoning so it adheres to the meat. Let them set them on your counter top for approximately 30 minutes. This allows them to come to room temperature and allows the salt to permeate the meat. Filet mignon is lean and typically does not require any trimming.
2. Meanwhile, pre-heat your oven to 425°. After your filets have come to room temperature, add your other desired seasonings, like two brothers Sweet and Smokey. Do not season the sides, just the top and bottom. Set aside.
3. Heat an oven-proof stainless steel sauté pan or cast iron skillet (my choice always) over medium-high heat let it get hot. REALLY hot. To tell when it is ready splash a few drops of water from wet hands into the pan. If it sizzles and dissipates quickly the pan is ready. I like to add a bit of salt to the bottom of the hot dry skillet.
4. Then add the filets and let them cook undisturbed for 4 minutes. DO NOT move the filets around in the pan during this time. BE PATIENT no peaking.
5. Then, using a pair of tongs, flip the filets over to the second side and IMMEDIATELY transfer the entire sauté pan to your pre-heated oven. Cook the filets in your oven for 5-8 minutes, depending on your preferred level of doneness: 5-6 minutes for rare, 6-7 minutes for medium-rare or 7-8 minutes for medium.
6. Carefully remove the sauté pan from your oven and transfer the filets to a clean plate or cutting board. Top with a pat of garlic butter. Tent them with foil and let them rest for 5-7 minutes. Do not leave the filets to rest in your sauté pan, or they will overcook due to the residual heat in the pan.
7. Transfer the filets to serving plates, spooning any residual juices over top. Serve immediately.

Temperatures for steak

Rare: 120° F to 125° F

Medium rare: 125° F to 130° F

Medium: 135° F to 140° F

Medium well: 145° F to 150° F

Well done: 160° F and above