

Filet Mignon

Serves 2, 300 calories each

I admit that we are spoiled. Filet mignon is so much more tender than other cuts of beef and there is almost no waste so it supports a premium price. That said, there are some real bargains in Ann Arbor and Charleston. In Ann Arbor, Busch's sells a grass-fed filet for only \$26/lb and a similar price can be had at Earth Fare in Charleston.



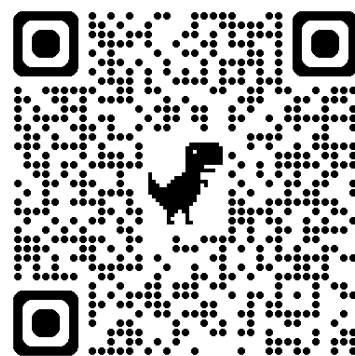
My marinade combines some of my favorites including liquid smoke and dark soy for a deep brown exterior.

Ingredients:

- 2 steaks, 1/3 lb. each
- 1/2 tsp. liquid smoke
- 1/2 tsp. toasted sesame oil
- 1 tsp. Worcestershire sauce
- 1 tsp. Mushroom soy sauce

Equipment:

- 1 gallon Ziploc bag
- Grill
- Temperature probe



Filet Mignon:

☒	Directions	Time (min)
	Trim any silverskin or fat from the meat	2
	In a large Ziploc bag, combine meat with 1/2 tsp. liquid smoke, 1/2 tsp. toasted sesame oil, 1 tsp. Worcestershire sauce, and 1 tsp. dark soy sauce	2
	Marinate at room temperature	30
	Preheat the grill	
	Sear one side of both steaks to make a nice grill pattern	3
	Flip the steaks	1
	Monitor the interior temperature closely and remove the steaks when it reaches 125 degrees	5
	Allow the steaks to rest	5
	Total	48 min