



## ***The Finest Filet You Will Ever Have!***

Serves: 2

Prep time: 30 min

Cook time: 15 min

### **INGREDIENTS:**

- 2 prime filet mignon steaks
- Grapeseed oil
- Butter - 2 tablespoons per steak
- Bunch of fresh rosemary
- Kosher salt
- Freshly ground black pepper  
- 1/2 tablespoon per steak to taste

### **TOOLS:**

- [Chantal Copper Fusion Fry Pan](#)
- Instant Read Meat Thermometer
- Tongs
- Spoon for butter basting



Photos by Amy Scott of A.E. Scott Designs - [www.theascott.com](http://www.theascott.com)



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### **PROCESS:**

1. Allow steaks to reach room temperature  
- remove from refrigerator 30 minutes before cooking and cover.
2. Bring pan to medium high heat. (Do not use high heat on copper fusion pan!)
3. Brush steaks with grapeseed oil all around.
4. Sprinkle steaks with the kosher salt and fresh ground pepper.
5. Place both steaks in pan and let sear on each side for 3 minutes (be sure to set a timer.) Only allow another 30 seconds if they are still sticking to the pan.
6. Brown ALL of the edges of the steaks for about 3 minutes after you have seared the top and bottom sides.
7. Check internal temperature by using the instant read meat thermometer.  
  
Medium rare = 130° F  
Medium = 140° F  
Well done = 155° F
8. Add additional cook time if necessary to reach desired temperatures. (You can use the oven as well if needed.)
9. Add 2 tablespoons of butter to the pan while stirring constantly, and two sprigs of rosemary.
10. Cook another 3 minutes while spooning the butter over each steak.
11. Let cool for 5 minutes, or serve immediately and enjoy!