

Christmas

Tenderloin

Filet mignon is French with filet meaning "thick slice" and mignon meaning "dainty." Filet mignon comes from the small end of the tenderloin. In order keep the flavor, you must cook filet mignon quickly. It should never be cooked beyond medium rare, because the more done it is, the less tender and more dry it becomes and the more flavor it will lose. You should always use a dry method of cooking, even when it will be a quick method. Methods of cooking that are dry are such types as roasting, pan frying, grilling, broiling, etc. Since this cut of meat is drier than others, you will not want to cut the meat to check to see if it is done. Instead, you should touch it.

INGREDIENTS:

- 4 Tenderloins (2 Two inches thick for men, 2 One inch thick for women).....○
- 4 tablespoons Land of Lakes Butter.....○
- 4 tablespoons Olive Oil.....○
- ¼ cup of Steak Rub.....○
- Dried Parsley.....○

PREPARATION:

- Coat the Steaks heavily with Steak Rub and let come to room temperature, at least 1 hour before cooking.
- Preheat oven to 350°. Heat Olive Oil in cast iron skillet until it is almost smoking.
- Put Land of Lakes Butter in skillet and drop in Tenderloins.
- Sear all sides about 2 to 3 minutes the 1st side and 2 minutes the second side. Cook thick Tenderloins slightly longer on second side. With tongs sear sides of steaks.
- After steaks are fully seared over place skillet with Tenderloins into the oven for about 4 to 5 minutes uncovered.
 - When the meat is soft when you touch it and your finger leaves an imprint, it is rare.
 - If it is still soft, but leaves no imprint, and is slightly resilient, then it is medium rare (best for this particular type of meat).
- After the Steaks have reached the desired doneness, place the Steaks on a grate, place on the buffet warmer. Place the Franciscan Harvest Home Steak Platters in the oven to heat to a temperature of 200°.

TO SERVE:

Remove the Franciscan Harvest Home Steak Platters and sprinkle with parsley flakes. Place Steaks on the plate.