

Filet Mignon with Compound Butter



INSTRUCTIONS

- Preheat oven to 425 degrees. Season filets with salt and pepper on all sides.
- To make the compound butter, combine the softened butter, blue cheese, minced garlic, parsley, and salt in a bowl and mix thoroughly. Spread the combined mixture onto a piece of wax paper and form it into a cylinder. Roll the butter up in the wax paper and twist the ends shut. Place butter in the refrigerator to firm up.
- In a large cast-iron skillet, preheat 1 tablespoon of canola oil over high heat for 5 minutes.
- Add the filets to the preheated pan and sear for 3 minutes. Flip the steaks and sear an additional 3 minutes. Place skillet in preheated oven on the middle rack.
- Cook the steaks, checking the internal temperature after 6 minutes with an instant-read thermometer. The internal temperature will continue to rise about 5 degrees after you remove them from the oven.
- Once your internal temperature is 5 degrees below your target temperature, remove the steaks from the oven and place them on a tray.
- Top each steak with a generous slice of compound butter, tent loosely with aluminum foil and let them rest for 5 minutes, plate and serve immediately.

SHOPPING LIST

TOPPING:

- 2 – 8-ounce filet mignon steaks, at least 1.5" thick
- Kosher salt
- Freshly ground black pepper
- Canola oil
- Compound Butter Ingredients:
- 2 Tablespoons Laura Lynn unsalted butter, room temperature
- 2 teaspoons blue cheese
- 1 clove fresh garlic, minced
- 1/2 teaspoon Italian parsley, finely chopped
- 1/8 teaspoon kosher salt