**Restaurant Style Filet Mignon**

By [Whitney](http://whitsamusebouche.com/blog/author/admin/), December 8, 2011

[](http://whitsamusebouche.com/wp-content/uploads/2011/12/IMG_85841.jpg)

The best steak you've put anywhere near your face.

**Ingredients:**

* [filet mignon](http://whitsamusebouche.com/blog/tag/filet-mignon/) - 2, 8 ounce filets
* [kosher salt](http://whitsamusebouche.com/blog/tag/kosher-salt/) - 4 teaspoons
* [freshly cracked pepper](http://whitsamusebouche.com/blog/tag/freshly-cracked-pepper/) - 4 teaspoons
* [butter](http://whitsamusebouche.com/blog/tag/butter/) - 1 stick
* [olive oil](http://whitsamusebouche.com/blog/tag/olive-oil/) - 1 tablespoon
* [garlic](http://whitsamusebouche.com/blog/tag/garlic/) - 2 cloves, chopped
* [parsley](http://whitsamusebouche.com/blog/tag/parsley/) - 1 tablespoon, chopped
* [thyme](http://whitsamusebouche.com/blog/tag/thyme/) - 1 tablespoon, chopped
* [lemon zest](http://whitsamusebouche.com/blog/tag/lemon-zest/) - 1 teaspoon

**Instructions:**

DISCLAIMER: The reason this dish is so amazing is due mostly in part to having the very best, most fresh ingredients possible.  That means high grade salt, it means pepper ground right in front of you by a pepper mill.  It means fresh herbs and it means REAL BUTTER.  The good news is that these are all things you *should* already have in your house. Take 1/2 stick of butter, softened, and mix well with the peeled, chopped garlic, the chopped herbs, and the lemon zest.  Form into a log and refrigerate.  Generously season the filet's with salt and pepper, approximately 1 teaspoon of seasoning per side. Heat the remainder of the butter (1/2 stick) and the olive oil in a cast iron skillet to a screaming hot temperature.  Preheat your oven to 400 degrees.   Sear the filets in a screaming hot pan for about 2-3 minutes per side, or until a nice brown crust has formed. While the steak is searing, continue to spoon the residual butter in the pan on top of the meat while it's cooking.  Once both sides are seared, place in the center of the oven for about 6-8 minutes, depending upon how thick your steak is.  In the last minute of cooking, take the log of compound butter and slice a nice thick piece to place on top. Your steak will be ready when it is approximately 135 degrees in the center, or when you push lightly on the top center of the steak and it gently and slowly bounces back.  (Note, this is medium rare kids. Some people don't like to eat cows while they are mooing, so clearly you can cook longer if your afraid of the pink.)

And there you have it.  It’s as simple as can be, as most the best things in life are. And I dare you to tell me of a better way to eat filet.

Love,

Whit