

Parmesan Crusted Filet Mignon

Serves 4

Ingredients

4 filet mignons

salt

pepper

For The Crust

¼ cup unsalted butter, softened

¼ cup panko

¼ cup parmesan cheese, grated (I actually used romano)

2 cloves garlic, minced = 1/2 tsp bottled minced roasted garlic

sprinkle of salt

sprinkle of pepper

Instructions

- 1 Prepare the crust at least 3 hours in advance. Combine all the crust ingredients and mash together to form a ball of "dough."
- 2 Place the ball into the center of a sheet of plastic wrap. Wrap the ball and form it into a log. If you plan to use it that day refrigerate it, otherwise freeze it.
- 3 Begin heating your cast iron pan on high heat. Preheat the oven to 400 degrees. Sprinkle the filet on both sides with a little salt and pepper just before cooking.
- 4 Grill in cast iron pan 2 minutes per side. I usually use my cast iron grill pan for this but you can also use a regular cast iron pan. Once you get a nice sear on both sides put the steak in the oven for 6 minutes.
- 5 After 6 minutes remove from the oven and top with ½ inch slices of the crust. Place under broiler about 2 minutes or until browned.

Notes

My filets were about 2 inches thick and I like to serve them medium rare. Adjust the cooking time to your liking.

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