

## Filet Mignon, Pan Seared and Baked

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Ingredients: Serves 2

2 5-6 oz. Filets  
Salt and Pepper  
1 Tbls. Oil (grapeseed or canola)

**Procedure:**

Preheat oven to 350-375°. Salt and pepper the filets. Add 1 Tbls. oil to sauté pan that has an oven proof handle and heat until it sizzles. Sear the filets and brown 1-2 minutes on each side. Place pan in the preheated oven. Cook to your desired doneness.

Let the filets rest for about 10 minutes before serving.

\* Note: If you are unfamiliar with how to gauge when your filets are done, cook to the following temperatures.

Rare: 120-130°  
Medium-rare: 130-135°  
Medium: 140-150°  
Medium-Well: 155-165°  
Well Done: 170-185°

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