



Filet Mignon al Ajillo (Browned Garlic Sauce)

Recipe courtesy of Bren Herrera

Ingredients:

Olive oil
4 (4-6 oz) petite filet
Salt for seasoning
Pepper for seasoning
1 stick butter, cubed
2 heads of garlic, sliced
Microgreens for garnish

Method:

1. Heat a large cast iron skillet over high heat and add oil.
2. Season the steak with salt and pepper and place in the skillet. Sear on each side for about 5 minutes until a golden crust forms. Flip and continue cooking until desired internal temperature. I recommend medium well about 145-150 degrees F. *Optional: if you're cooking multiple pieces of steak and they are thick and can stick them in the oven at 275 degrees until desired internal temperature.*
3. Remove from the oven and allow to rest for at least 5 minutes before cutting into.
4. In the meantime in a separate smaller skillet over medium heat melt the butter and add the garlic. Lightly saute the garlic until it's tender and golden brown.
5. Smother the filets with the garlic and serve with a garnish of microgreens.