

# Pan Roasted Filet Mignon

*with thyme, garlic and butter*

4 6 oz tenderloin steaks  
2 tablespoons olive oil  
1 tablespoon unsalted butter  
2 cloves garlic, smashed  
6 sprigs thyme  
1 cup beef stock, unsalted  
2 tablespoon unsalted butter

1. Preheat an oven to 425°F.
2. Heat your skillet to med-high heat. Add the oil to the pan. Add steaks to the pan, and sear on first side undisturbed for about 2 to 3 minutes.
2. Turn steaks to opposite side and add the butter, garlic and the thyme springs. Tilt the pan and baste with the flavored butter.
3. Place the pan in the hot oven. Continue to cook another 4 or 5 minutes. Every 2 minute remove the pan and baste the filet by tilting the pan and baste with butter and thyme.
4. Remove the pan from the oven and set the steaks on a platter. Loosely cover with foil. Add the beef stock to the pan and reduce by half. Remove the sauce from the heat or reduce it to low. Add the remaining 2 tablespoons of butter to the sauce and gently swirl the pan, this is called mounting the sauce. Season with salt and pepper.
5. Pour the sauce through a strainer and serve on top of the rested filets.

*This recipe will also work well with other red meats such as bison, wild boar, elk, venison and moose. Try a few different meats and find the one that is right for you.*

*Try this with grass fed and finished beef, it is better for you and the environment. Grass fed and finished beef has some great properties that make it a good choice:*

*Low in fat  
Low in calories  
High in Omega 3 fatty acids  
High in conjugated linoleic acid*

