



Sous Vide Filet Mignon

Makes 2 Servings

2 Filet Mignon, I like THICK 2 1/2"
2 Tbsp Up North Grilling Spice
Cooking Spray
Your Favorite Side Dished for Steak

Preparation:

You can use a large stock pot for this method. Fill with warm water and attach Sous Vide and set temp to 130° for medium rare (or 145° for medium). Steaks are most flavorful at 130°-135°. Allow the Sous Vide to heat the water to your desired temp.

Meanwhile, lets get our steaks ready to go!

Place beef on cutting board and spray gently with some cooking spray. (I use the spray to allow the seasoning to adhere firmly.) Then generously season all sides of the filet mignons...

Next I add a spoon to the bottom of a high quality zip lock bag (you can use a vacuum sealer to do this also, but I dot have one), place one filet in bag. Insert a straw in one corner (careful not to touch meat), then close zip as much as you can and carefully suck out the air in the bag, remove straw quickly and seal bag. You can also use

the water displacement method by slowly submerging the bag and allowing the water to push air out. Depending on the weight of what you are cooking it may not work, which is why I added a stainless steel, food safe, item to weigh bag down...

Now, repeat process for 2nd steak. Once water is at the desired temperature add the bags to opposite sides of the pot. I secured mine with a clip. Leave them in the water bath for one hour.

Remove bags from water and steaks from bags... Very gently pat them dry with a paper towel. You do not want to remove any seasoning.

Heat a skillet to HOT and sear them for a minute or so per side to achieve a golden crust.

I served mine with a baked potato and a mushroom whiskey sauce... Perfectly cooked, so tender you can cut it with a spoon! Soooo good!