



Cast Iron Skillet Seared Steak

2 Servings

2 Filet Mignon, 3" Thick

Canola Oil

Mark's Espresso 2

Preparation:

So the first thing you must do up to 2 hours prior to cooking, is to remove meat from fridge, season with Mark's Espresso 2, and let it sit on your counter to become room temperature.

When ready to cook, preheat oven to 450°.

Add oil to your skillet and over medium/high, heat until very hot. Sear your meat on all sides, do not forget that thicker cuts have 4 sides! Sear for 3-4 minutes per side for this thickness. Less for thinner cuts.

Once seared, carefully place skillet into your preheated oven. Let it cook in oven for about 6 minutes. This will give you a perfect Medium Rare. Be super careful removing from oven as pan will be very hot!

Enjoy!