

Betty's Pan-Seared Garlic Filet Mignon Beef Steak Recipe



Uploaded on 23 May 2009

In this video, Betty demonstrates how to use a skillet to make her fabulous Pan-Seared Garlic Filet Mignon Beef Steak. It is quick and easy, and loaded with good, garlic flavor.

Ingredients:

(3) 4 oz. filet mignon beef steaks (Or any number and/or size to fit your skillet)

1 tablespoon extra virgin olive oil

1 large clove garlic, crushed, then finely minced

meat tenderizer, to taste

Freshly ground black pepper, to taste

In an appropriately sized skillet, pour about 1 tablespoon olive oil. Add 1 clove of finely minced garlic. Let the garlic soften in the oil over low heat for a couple of minutes while you prepare your steaks. Sprinkle the top and bottom of each filet mignon steak slightly with meat tenderizer. Then grind fresh black pepper over the top and bottom of each steak. Place the steaks in the prepared skillet, and cook them, watching them continuously. Turn them when they begin to brown, and watch to make sure that you don't overcook them. Also, watch to make sure you do not burn the garlic. When the steaks are at your desired level of doneness, remove them from the skillet, and place them on a serving dish! These are the tenderest steaks you will ever make, and the garlic flavor makes them scrumptious! I think you will *love* cooking steaks this very easy way!!!