# Sous Vide Filet Mignon

Yield: 2 serves | Rating: 5/5 | Prep: 10 min | Cook: 1 hr 7 min | Brussels Sprouts: 15 hr | Source: Ukulele Jay BBQ

The most tender filet mignon in your life, quaranteed!

## Ingredients

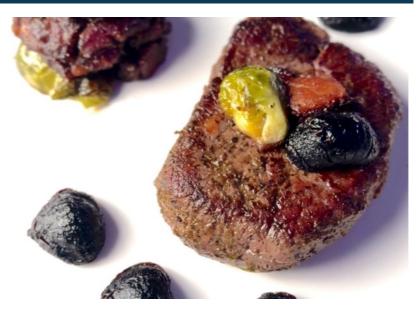
- 2 Filet Mignons
- 4 T Grass Fed Ghee (THE SECRET!)
- 3 T course crystallized salt
- 1 T med fine ground pepper
- 24 Brussels Sprouts
- 4 slices of thick cut bacon
- 4 T Knotty Wood BBQ Rub
- 2 T Aged Balsamic Vinegar
- 1 T Kosher Course Salt
- 5 cloves of Black Garlic cut in 1/2 (Must be Black Garlic, 10 pieces total)

#### **Notes**

Served with Bacon Balsamic Brussels sprouts

## **Pairings**

Tempranillo pair fantastic with this dish.



## Instructions

- 1. Pat steaks to remove excess liquid.
- 2. Cover steaks with salt and pepper.
- **3.** Roll edges of steak in salt and pepper or your favorite steak rub.
- **4.** Place 1T (2T total) of Grass Fed Ghee on each filet before you seal the filet mignon.
- **5.** Set Sous Vide bath at 122°F at 1 hour for a 1 1/4" to 1 1/2" thick steak and when ready...
- **6.** Vacuum seal steak in a bag and place in Sous Vide machine until the time runs out.
- 7. Remove steak and dry off completely.
- **8.** Set pan to med-high with 2T of Grass Fed Ghee and let pan get very hot.
- **9.** Place in the all your black garlic and let it fry as you are doing your steak.
- **10.** Place steaks in pan for 1:30 minute per side to form that beautiful crust and then pull it.
- **11.** Let rest for 5 minutes, as garlic continues to cook for that extra crispy outer bite experience.
- **12.** Eat your filet like it's your last meal!
- 13. BRUSSELS SPROUTS
- 14. Season slightly moist Brussels sprouts with Kosher salt.
- **15.** Seal bag and place in Sous Vide along with the filet mignon.
- **16.** While the steak is in sous vide, start second pan and par cook 4 strips of thick sliced bacon.
- **17.** Add your Knotty Wood BBQ Rub or your favorite veggie rub to the brussels sprouts.
- 18. Remove sous vide Brussels and cut all in 1/2.
- **19.** Place in pan with the bacon and turn heat up to medium high and add the balsamic vinegar. Stir every 5 minutes until desired level doneness.
- 20. Serve Brussels sprouts with your filet mignon