

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, guaranteed!

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!
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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