

# Filet Mignon with Light Garlic Rub

Servings : 6

Amount	Measure	Ingredient - Preparation Method
4	teaspoons	granulated garlic
2	teaspoons	kosher salt
2	teaspoons	freshly ground black pepper
1/2	teaspoon	cayenne pepper
6		14 oz filet mignon, 2-2.5in thick
		vegetable oil cooking spray
6	tablespoons	Au Jus

Combine garlic, salt, black pepper and cayenne pepper for rub.

Remove steaks from refrigerator, rub them on both sides with rub, and let rest at room temperature for 30 minutes.

Grill for 8 minutes, flip and 6-8 minutes more for med-rare. If broiling, broil 4 inches from element for 9 minutes, then flip and 8-10 minutes more.

Serve with au jus.

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## Au Jus

Amount	Measure	Ingredient - Preparation Method
1	cup	reconstituted store-bought veal demi-glace
2 1/2	teaspoons	commercial beef base
1 1/4	teaspoons	commercial chicken base
1/2	teaspoon	whole black peppercorn
1/8	teaspoon	garlic powder
1/8	teaspoon	dried thyme
1		bay leaf
1	pinch	freshly ground white pepper

In a medium saucepan, combine 1.25 cups water with the demi-glace, beef base, chicken base, peppercorns, garlic powder, thyme, bay leaf and white pepper. Whisk well. Bring to a boil over medium-high heat and cook at a boil, uncovered, whisking occasionally, for about 25 minutes, or until glossy and smooth.

Strain through a chinois or fine mesh sieve into a metal bowl. Discard solids. Let cook, then cover and refrigerate for at least 1 hour until chilled. Scrape off any congealed surface fat.

Yield: "1 cup"