



## SNAKE RIVER FARMS “ULTIMATE” TENDERLOIN FILET

### Ingredients:

8 oz tenderloin steak (filet)

Cracked black pepper

Butter

Sea salt

1. Preheat oven to 450°F. On the stove top, heat an oven-proof dry skillet until it is very hot.
2. Dry-rub both sides of the steak with cracked black pepper. Immediately place the steaks in the pre-heated pan. Sear each steak for 2 minutes on each side, until it has a dark crust.
3. Place skillet in preheated oven and cook for approx. 5-6 minutes for rare, 7-8 minutes for medium-rare and 8-10 minutes for medium to well.\*
4. Remove the skillet from the oven with a hot pad.
5. Place steak on warm plate and immediately top with 1 teaspoon of butter. Lightly dust with sea salt, to taste.
6. Allow steaks to stand for 3 to 4 minutes and serve. Enjoy.

\*Please note that cooking times vary with the size and temperature of the steak. Always use a meat thermometer. For medium-rare, be sure meat has reached an internal temperature of 145°F.

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