

## How to and How Long to Grill Filet Mignon

- filets mignon, 1 1/2 to 2 inches thick, 6 to 8 ounces each
- olive oil
- salt and pepper

Rinse and pat your fillets dry with paper towels.

Brush and clean all of your cooking grates. Using tongs, grab a wad of paper towel, dipped in oil, and rub it all over the grates on your barbecue.

Turn all burners to high, cover, and heat grill until hot, about 15 minutes.

Leave your main burner on high and turn all of the other burner or burners down to medium low.

For each filet mignon you are going to be grilling you will need to rub olive oil all over the outside of it. Not enough that it's dripping or soaked in it. About one tablespoon of olive oil per fillet is enough.

After your fillets are oiled, sprinkle GENEROUSLY with salt and pepper. When I say generously, I mean generously. You will think you are using too much. We have been using this method for years and it always looks like too much. Especially the salt but, do it. Really.

Have a spray bottle filled with water handy to spray on top of your grill if there are any stubborn flames that need quickly extinguishing.

Place fillets, uncovered, on the grill that is set to high, until you can slightly nudge the filet mignon with ease, while quickly nudging it back in place if it moves. As close as you can. This is how you get perfect grill marks and the perfect sear on the outside of your filet mignon.

Between 2 and 3 minutes per side.

Depending on how hot "high" is on your barbecue your timing may change by a minute in one direction or the other. I suggest using a thermometer the first time you try grilling your fillets just to see the timing on your barbecue.

Flip and do the same to the other side. Your filet mignon should be browned and have beautiful lines on each side.

Place filet mignon on cooler side of your grill and barbecue until the fillet is cooked just the way you want it.

For rare another 3 minutes per side, 6 minutes total or 120 degrees.

For medium rare between 7 and 8 minutes total or 125 degrees.

For medium between 9 and 10 minutes total or 135 degrees.

For medium well, 11 minutes and well done about 12 minutes total.

Allow fillets to rest for 5 minutes before serving.