How to Grill a Filet Mignon on a Gas Grill

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<th>Prep time</th>
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<td>30 mins</td>
<td>12 mins</td>
<td>42 mins</td>
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Grilled Filet Mignon. A very special meal for very special times or as an everyday surprise. As good as it sounds and it can be yours with this simple technique.

Author: Dan Mikesell
Serves: 2

Ingredients

- 2 Filet Mignon about 1¼ to 1½ inch thick. They will be about 6-8 ozs each.
- 7:2:2 seasoning or just coarse salt and pepper

Instructions

1. Start with quality filets. I like a 1¼ to 1½ inch thick that will be 6-8 ozs each.
2. One of the most important steps is resting the filets at room temperature for 30 or so minutes. This rises the temperature of the meat making getting your desired internal temperature much easier. While it is resting, get your grill temperature about 450. Just over medium for me but more medium high on lesser grills. Of course, clean and oil the grill.
3. Give the filets seasoning of your choice. Do it just before grilling. I use a nice sprinkling of my 7:2:2 seasoning but just a nice sprinkle of course salt and pepper will do.
4. Place the filets on the grill. (Yes close the lid). Grill on the first side for 6 minutes. Rotate half the way though for these nice crossed grill marks. Flip and grill until the you reach the correct internal temperature for your taste. For me I do another 6 minutes (with the rotation) and get 145-150 internal temperature.
5. Remove and rest for 5 minutes minimum. A light foil tent is a good idea here.

Notes

Notes: If you do this without a meat thermometer, you are foolish and risking your expensive filet. Your end point is the internal temperature you want or a little less. It is up to you. DO NOT COOK BY TIME ALONE.

Recipe by 101 Cooking For Two at http://www.101cookingfortwo.com/grilled-filet-mignon-gas-grill/