

AAA Grilled beef filet with herb butter

Recipe for 4

Description

A high quality grilled steak accompanied by a composed butter with fresh herbs and roasted garlic.

Note

It is very important to let your meat rest after having cooked it. The rest period will allow the meat to have a nice even doneness as well as making sure it doesn't lose all of its juices when you cut into it.

Ingredients

Steak

- 4 Unit(s) Beef rib eye
- Salt and pepper
- Olive oil

Garlic

- 1 Head(s) Garlic
- Salt and pepper
- Olive oil

Butter

- 100 Gr Salted butter
- 1 Sprig(s) Thyme
- 2 Sprig(s) Parsley
- 10 Sprig(s) Chives
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **barbecue** at **550 F°**
- Resting time **15 mins**

Preparation

Remove the beef from the fridge 45 minutes before cooking to make sure it is well tempered. Cut the butter into small cubes and let it temper to room temperature. Pluck and mince the fresh herbs.

Garlic

Cut the foot of the garlic off. Place in a sheet of aluminum foil and drizzle with olive oil, salt and pepper. Cook for roughly 30 minutes in the oven at 375°F.

Herb butter

Remove the roasted garlic from its skin. Chop it until you have a purée. In a mixing bowl, combine the roasted garlic, butter and fresh herbs. Combine well and season with salt and pepper. Transfer

to a sheet of plastic wrap and form into a nice cylinder. Transfer to the fridge to let harden. Cut into slices before serving.

Beef

Right before cooking them, season the steaks with salt and pepper. Drizzle with oil. Grill the steaks on high heat for a couple minutes on each side to mark them. Continue to cook on medium heat until a meat thermometer reads 48°C. Transfer to a dish and let rest for 2 minutes before serving.

Bon appétit!