



CURTIS STONE Aussie Filet Mignon Steaks Instruction Manual

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PREPARATION INSTRUCTIONS: AUSSIE FILET MIGNON STEAKS

How to grill the perfect filet mignon steak:

Prepare grill for medium-high heat. Lightly coat filet mignon steaks with olive oil and generously rub steaks with salt and pepper, or your favorite seasoning. Grill steaks 4 to 5 minutes per side for medium-rare doneness (adjust cooking time to your desired doneness). Rest steaks 4 to 5 minutes before slicing.

How to pan-sear the perfect filet mignon steak:

Preheat frying pan over medium-high heat. Lightly coat filet mignon steaks with olive oil and generously rub steaks with salt and pepper, or your favorite seasoning. Add steaks to pan and cook 4 to 5 minutes per side for medium-rare doneness (adjust cooking time to your desired doneness). Rest steaks 4 to 5 minutes before slicing.



Bring steaks to room temperature. Allow your steaks to sit at room temperature for 30-45 minutes before cooking. Doing so takes the chill off the meat and promotes even cooking throughout the steaks.



Be generous with the seasoning. It's impossible to season the inside of a steak, so seasoning the outside is really important. It's also going to give you that gorgeous crust you're looking for. Season the steaks generously on both sides.



Let the cookware do the work. For that caramelized crust, once you put the steak in a pan or on a grill, don't mess with it — it needs to stay in contact with the grill or pan for at least a minute until it's deep golden brown.



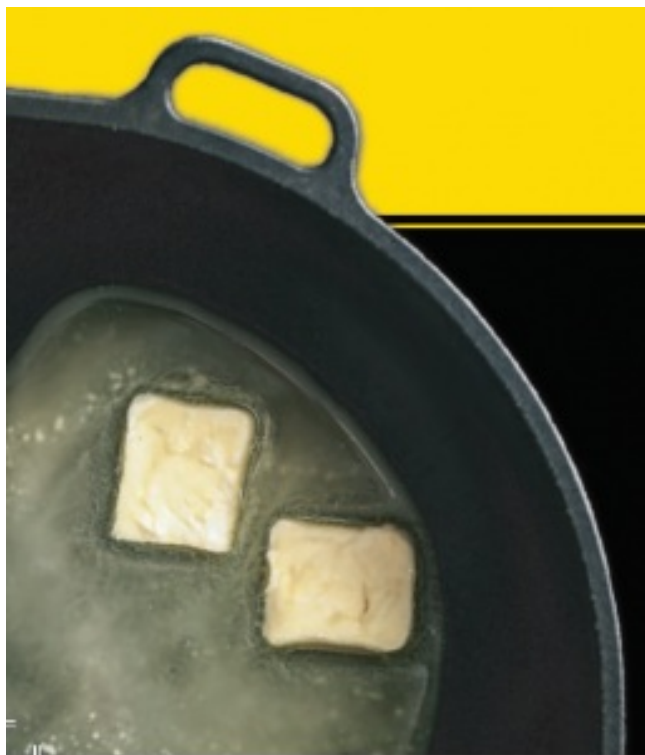
Add olive oil, but don't overdo it. You don't need a lot of oil — I like to rub a little bit over the steaks, but some people prefer to brush it over the grill to prevent sticking.



Rest steaks on a rack — not on a plate. Rest the cooked steaks on a wire rack or trivet over a baking sheet so they're not sweating in their own juices. Don't skip this step — it's the key to a perfectly succulent and juicy steak.

TRY THIS: BROWN BUTTER

Ingredients: 1 stick unsalted butter, cubed + 1 lemon, juiced Method: Heat 1 medium saucepan over medium-high heat. Add butter and swirl pan for about 2 minutes, or until butter has stopped foaming. Remove from heat and stir in 1 tbs. lemon juice. Season with salt and more lemon juice, if desired



PREPARATION INSTRUCTIONS: MAINE LOBSTER TAILS

How to prepare a lobster tail for cooking

Place lobster tail on cutting board with hard rounded shelling facing up. Using tip of kitchen shears, carefully snip lengthwise through center of hard lobster shell, stopping just before base of the tail fin and being careful not to snip into lobster meat. Use your fingers to gently split shell apart and reveal meat in center.

How to split a lobster tail for cooking:

Place lobster tail on cutting board with hard rounded shelling facing up. Using tip of kitchen shears, snip lengthwise through center of hard lobster shell and tail fin. Turn lobster over and snip lengthwise through center of soft shell. Using large sharp knife, cut through lobster to separate into two halves.

How to cook your lobster:

Steamed (whole or halved) – Sprinkle lightly with salt or your favorite seasoning and steam whole lobster tails for 5 minutes or halved lobster tails for 2.5 to 3 minutes, or until just cooked through.

Roasted (whole or halved) – Preheat oven to 425°F. Brush lobster meat of whole lobster tails or meat side of halved lobster tails with melted butter or olive oil and sprinkle lightly with salt or your favorite seasoning. Roast on sheet pan for 10 to 12 minutes for whole tails or 6 minutes for lobster halves, or until just cooked through.

Grilled (halved) – Preheat grill for medium-high heat. Brush cut side of halved lobster tails with melted butter or olive oil and sprinkle lightly with salt or your favorite seasoning. Grill lobster, cut side down, for 3 minutes, or until nicely browned. Turn over and cook 2 to 3 minutes, or until just cooked through.

Seared (halved) – Preheat nonstick frying pan over medium heat. Brush cut side of halved lobster tails with melted butter or olive oil and sprinkle lightly with salt or your favorite seasoning. Sear lobster, cut side down, for 3 minutes, or until nicely browned. Turn over and cook 2 to 3 minutes, or until just cooked through

INGREDIENTS:

Two 4-oz. lobster tails 3 tbs. olive oil, divided 8 oz. fettuccine 3 tbs. finely chopped shallots 1/4 tsp. crushed red pepper flakes

1/2 cup dry white wine 3 tbs. unsalted butter 1 tbs. chopped fresh flat-leaf parsley



METHOD:

1. Using kitchen shears, carefully snip through underside of lobster tails lengthwise on both sides where softer cartilage meets hard shell. Strip away softer cartilage from underside and reserve. Working from head side of tail, carefully pull lobster meat from shell. Cut lobster tail meat into 3/4-inch pieces. Reserve lobster meat and lobster shells separately.
2. Heat large heavy pot over high heat. Add 1 tbs. oil and then lobster shells. Cook, stirring frequently, for 3 minutes, or until shells are bright red. Add 3 qt. water and bring to a boil. Reduce heat to a simmer and simmer shells for 10 minutes to extract their flavor. Using a slotted spoon, remove lobster shells from bouillon and discard.
3. Return bouillon to a boil. Add fettuccine and cook, stirring occasionally, for about 10 minutes, or until al dente. Drain, reserving 1/2 cup of bouillon.
4. Meanwhile, in large sauté pan over medium-high heat, add remaining 2 tbs. oil. Add shallots and red pepper flakes and sauté for 2 minutes, or until shallots are tender but do not take on color. Add lobster pieces and cook for 1 minute, or until seared all over.
5. Add wine and cook 1/2 minutes, or until wine has reduced slightly. Add butter, swirling pan to melt. Add pasta and parsley and toss over medium-high heat for about 30 seconds, adding bouillon little by little to achieve a saucy consistency. Season with salt and pepper and serve.

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