



Ricky's Cast Iron Ancho Chile Espresso Filet Mignon

Recipe courtesy of Ricky Woolstenhulme, Jr., Drummer, Lifehouse

Ingredients

Four 1¼ in (3 cm) thick filet mignon steaks
8 sprigs fresh rosemary
4 tbsp (60 ml) butter
Extra virgin olive oil

Espresso Rub

2 tbsp (30 ml) ground espresso
2 tbsp (30 ml) ancho chile powder
1 tbsp (15 ml) paprika
1 tbsp (15 ml) brown sugar
2 tsp (10 ml) garlic salt
½ tsp (3 ml) kosher salt
½ tsp (3 ml) ground ginger
½ tsp (3 ml) dried oregano
½ tsp (3 ml) mustard powder
½ tsp (3 ml) black pepper
½ tsp (3 ml) cayenne pepper

Method

Brush each side of the steaks with oil and then season each side with salt and pepper. Cover each steak on all sides with espresso rub.

Set the EGG for direct cooking without the convEGGtor at 500°F/260°C. Place a Half Moon Plancha Griddle on the cooking grid to preheat. Once the Griddle is hot, add a few teaspoons of olive oil and let the oil heat up for about 2 minutes.

Place the steaks on the Griddle and sear for 2½ minutes, then flip the steaks twice more at 2½ minute intervals. Top each steak with ½ tbsp butter and a rosemary sprig; close down the top and bottom vents for the dwell stage; cook for another 2½ minutes. Remove the steaks from the Plancha Griddle and top with the remaining butter and rosemary sprigs. Tent with foil let rest for 10 minutes.