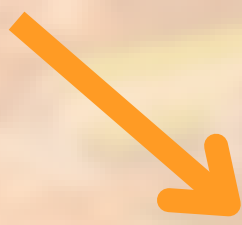


How to cook *filet mignon* on gas stove

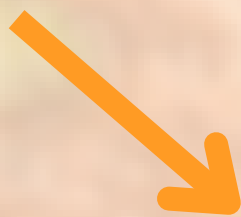
1. Take steaks out of fridge and season generously with salt and pepper



2. Heat a cast iron or stainless steel skillet over high heat until smoking hot



3. Swirl in just enough olive oil to coat the bottom



4. Gently lay the filets in the pan. Resist moving them for 3 full minutes to get an initial sear



5. Add butter, thyme, and any other seasonings and use a spoon to baste the filets while searing the edges. Remove from pan and let rest 5 minutes before serving