

Beef, Grilled

The King's Crowned Filets

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Servings: 4

Preparation Time: 10 minutes

Grill Time: 15 minutes

1/4 cup butter, softened

3 tablespoons dry bread crumbs

1 tablespoon prepared horseradish

1/4 teaspoon coarsely ground pepper

1/8 teaspoon crushed red pepper flakes

dash salt

dash dried thyme

4 (8 ounce each) beef tenderloin steaks

2 teaspoons Montreal steak seasoning

In a small bowl, combine the butter, bread crumbs, horseradish, pepper, pepper flakes, salt and thyme. Shape into four ovals. Place the ovals on a baking sheet.

Refrigerate the butter pieces for 30 minutes or until firm.

Sprinkle the steaks with steak seasoning.

Grill, covered, over medium heat (or broil four inches from the heat) for 6 to 8 minutes on each side or until the meat reaches the desired doneness (for medium-rare, a meat thermometer should read 145 degrees; medium, 160 degrees; well-done 170 degrees).

Place a butter piece on each steak.

Broil four inches from the heat for 2 to 3 minutes or until the topping is golden brown.

Per Serving (excluding unknown items): 759 Calories; 63g Fat (76.1% calories from fat); 41g Protein; 4g Carbohydrate; trace Dietary Fiber; 190mg Cholesterol; 280mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 9 1/2 Fat; 0 Other Carbohydrates.