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BBQ Grilled Whole Fillet Steak

Ingredients

1 whole tenderloin
4tsp salt
6tsp freshly ground black pepper
4tsp dried parsley

Preparation

- 1 Refrigerate your tenderloin.
- 2 One hour before grilling place it in a cool dry place until it reaches room temperature.
- 3 Mix the herbs and seasoning together to create a dry rub and rub your meat with it – until it is completely covered in dry rub.
- 4 *Gas Grill:*
- 5 Leave only the primary burner on and place the meat on the cool side of the grate.
- 6 Insert a meat thermometer into the side so that you can monitor the temperature of the steak.
- 7 Close the lid and turn occasionally.
- 8 *Charcoal Grill:*
- 9 Allow the coals to heat for about 30 minutes.
- 10 Then move the coals to one side of the grill.
- 11 Place your steak (meat thermometer included) onto the cool part of the grate and close the lid.
- 12 Adjust the air vents and turn occasionally.
- 13 Grill the fillet for 25 – 30 minutes or until the steak thermometer reads '3 degrees C (or 37 degrees F)' less than the desired temperature.
- 14 Remove the meat from the grill and create a loose tent using aluminium foil.
- 15 Cover the meat loosely with this tent and let it stand for 15 minutes.

Cooks Note

Impress your friends with a whole tenderloin cooked to perfection. Just ensure that everyone prefers their steaks done the same way.

Temperature Guidelines:

Rare – 54 degrees C or 129 degrees F
Medium Rare – 60 degrees C or 140 degrees F
Medium – 63 degrees C or 145 degrees F
Medium Well – 68 degrees C or 154 degrees F
Well Done – 72 degrees C or 162 degrees F