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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