



SAUTÉED SPLIT FILLET

Makes 4-6 servings.

In the past I avoided pan searing meat or poultry because I was concerned about calories and keeping the cooktop splatter free. Instead, I would broil it. Then I purchased a splatter cover for my skillet, which partially solved the problem.

INGREDIENTS

- 1½ pounds split fillet (London broil)

MARINADE INGREDIENTS

- 3 garlic cloves, finely chopped
- 2 tablespoons Dijon mustard
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 4 tablespoons lemon juice

PREPARATION

1. In a small bowl combine the MARINADE ingredients.
2. Place the meat in a non-reactive dish such as Pyrex and coat the meat with the marinade. Cover with plastic wrap and leave in the refrigerator for as long as convenient.
3. Bring the meat to room temperature.
4. Heat a large cast-iron skillet over medium-high heat. Add the meat with the marinade, cover the skillet with the splatter cover and sauté for 5 minutes, turn over and cook for another 3

minutes.

5. Turn off the burner, cover the pan with foil and let the meat rest for 2 minutes.
6. This timing is for medium-rare meat.
7. Slice on a diagonal into $\frac{1}{2}$ inch slices.