

Peppercorn-Crusted Filet Mignon with Rich Cream Sauce

Filet Mignon with Creamy Peppercorn Sauce



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10 min

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INGREDIENTS

For the Steak:

4 filet mignon steaks (6-8 oz each)

Salt and freshly ground black pepper, to taste

2 tbsp olive oil

1 tbsp butter

Fresh chives or parsley, for garnish

For the Peppercorn Sauce:

1 shallot, finely chopped

1 tsp crushed peppercorns (black or mixed)

$\frac{1}{2}$ cup beef broth

$\frac{1}{2}$ cup heavy cream

Salt, to taste

DIRECTIONS

1. Step 1: Season and Rest the Steaks: Pat filets dry and season both sides generously with salt and pepper.
2. Let rest at room temperature for about 30 minutes for even cooking.
3. Step 2: Sear the Steaks: Heat olive oil in a large cast iron or heavy skillet over high heat until shimmering.
4. Sear filets for 3-4 minutes per side for medium-rare, adjusting for thickness.
5. In the last minute of cooking, add butter and baste the steaks with the melted butter for extra flavor.
6. Step 3: Rest the Meat: Transfer steaks to a plate and cover loosely with foil. Let rest for 5-10 minutes.
7. Step 4: Make the Peppercorn Sauce: In the same skillet, lower heat to medium.
8. Melt butter, then add shallots and sauté until soft, about 2 minutes.
9. Stir in crushed peppercorns and cook for 30 seconds.
10. Add beef broth, scraping up any browned bits, and reduce by half.
11. Stir in heavy cream and simmer until sauce thickens slightly, about 3-4 minutes.
12. Season with salt, to taste.
13. Step 5: Serve: Spoon the creamy peppercorn sauce over the rested filets.
14. Garnish with chopped chives or parsley for color and freshness.
15. Serve hot with sides of your choice.

TIPS FOR SUCCESS

Use room temperature steaks to ensure even cooking.

Don't overcrowd the pan-sear in batches if necessary.

For a deeper sauce, deglaze with a splash of brandy or cognac before adding broth.

Use crushed whole peppercorns (not ground pepper) for the best bite and flavor.

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Original recipe: <https://chefmaniac.com/peppercorn-crust-ed-filet-mignon-with-rich-cream-sauce/>