

Elegant Filet Mignon in a Garlic Mushroom Cream Sauce

Few dishes say "special occasion" quite like



TIME
30 min

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INGREDIENTS

For the Filet Mignon:

4 filet mignon steaks
Salt and pepper, to taste
2 tbsp olive oil

For the Mushroom Sauce:

1 lb mushrooms, sliced (cremini or button work well)
2 garlic cloves, minced
 $\frac{1}{2}$ cup beef broth
 $\frac{1}{2}$ cup heavy cream
... cup dry white wine
2 tbsp fresh parsley, chopped

DIRECTIONS

1. Season and Sear the Steaks: Pat steaks dry with paper towels. Season generously with salt and pepper on both sides.
2. Heat olive oil in a large skillet over medium-high heat.
3. Sear filets for 3-4 minutes per side until a golden crust forms.
4. Remove steaks from pan and set aside, tented with foil to rest.
5. SautØ the Mushrooms: In the same pan, add sliced mushrooms.
6. SautØ for 5-6 minutes, until browned and tender, stirring occasionally.
7. Add minced garlic and cook for 1 minute, until fragrant.
8. Build the Sauce: Stir in white wine, scraping up any browned bits from the pan. Simmer 2 minutes.
9. Add beef broth and heavy cream. Let simmer for 5-7 minutes, until slightly thickened.
10. Return Steaks and Finish: Return the steaks to the skillet, spooning sauce over them.
11. Cook for another 2-3 minutes, until warmed through and coated.
12. Sprinkle with fresh parsley and serve immediately.

SWAPS & NOTES

Use an additional splash of beef broth with a teaspoon of lemon juice.

Stir in a pat of butter just before serving.

For variety : Add a pinch of thyme or a few shallots to the sauce.

Make it low-carb : Serve over cauliflower mash or roasted greens.

TIPS FOR SUCCESS

Use a meat thermometer : 130-135°F for medium-rare.

Don't overcrowd the pan : Sear filets in batches if needed.

Let the steak rest : It redistributes juices and stays tender.

Deglaze well : White wine lifts all that flavorful fond into your sauce.

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Original recipe: <https://chefmaniac.com/elegant-filet-mignon-in-a-garlic-mushroom-cream-sauce/>