

## How to Make the Perfect Filet Mignon with Seafood Cream Sauce

If you're looking to seriously impress, look no further than this



**TIME**  
**5 min**

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### INGREDIENTS

For the Filet Mignon:

4 (6-ounce) filet mignon steaks  
Salt and freshly ground black pepper, to taste  
2 tbsp olive oil

For the Shrimp & Lobster Cream Sauce:

2 tbsp unsalted butter  
¾ cup finely chopped shallots  
2 cloves garlic, minced  
4 oz shrimp, peeled and deveined  
4 oz lobster meat, chopped  
1 cup heavy cream  
1 tbsp fresh thyme leaves  
Salt and pepper, to taste

### DIRECTIONS

1. Prepare the Steaks: Pat filet mignon dry and season generously with salt and black pepper.
2. Let rest at room temperature while you prep the sauce.
3. Sear the Steaks: In a large skillet, heat olive oil over medium-high.
4. Sear steaks 4-5 minutes per side for medium-rare (adjust for your preferred doneness).
5. Remove from skillet and tent loosely with foil to rest.
6. Make the Seafood Cream Sauce: In the same skillet, reduce heat to medium.
7. Add butter and chopped shallots; sauté for 2 minutes until softened.
8. Stir in garlic and cook for 30 seconds until fragrant.
9. Add shrimp and lobster; cook 2-3 minutes, until just opaque.
10. Pour in heavy cream and sprinkle in fresh thyme.
11. Simmer for 3-4 minutes until the sauce thickens slightly.
12. Season with salt and pepper to taste.
13. Serve It Up: Plate each filet mignon and spoon the seafood cream sauce generously over the top.
14. Serve immediately with roasted veggies, mashed potatoes, or a light salad.

### SWAPS & NOTES

Lobster options : Use claw meat, tail meat, or even a frozen lobster blend.

Shrimp substitute : Scallops or crab meat also work beautifully.

Cream : For a lighter version, use half-and-half (though the sauce will be thinner).

Make ahead : You can prep the seafood sauce 1 day in advance and reheat gently.

## TIPS FOR SUCCESS

Use a cast iron skillet for the best sear and flavor development.

Don't overcook the seafood -shrimp and lobster get tough quickly.

Let the filet rest after cooking to lock in its juices before plating.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/how-to-make-the-perfect-filet-mignon-with-seafood-cream-sauce/>