

Filet Mignon with Shrimp and Lobster Cream Sauce - Elegant Surf & Turf at Home

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TIME
45 min

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INGREDIENTS

- 1 lb filet mignon (about two 8-oz steaks)
- $\frac{1}{2}$ cup heavy cream
- 1 cup lobster meat, cooked and chopped
- 1 cup shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 2 garlic cloves, minced
- Salt and pepper, to taste
- Fresh chives or parsley, chopped, for garnish

DIRECTIONS

1. Prepare the Filet: Remove steaks from the fridge about 30 minutes before cooking to bring them to room temperature. This ensures even cooking.
2. Season: Season generously with salt and black pepper on both sides.
3. Sear the Filet: Heat olive oil in a large skillet over medium-high heat. Once hot, add the filet mignon and sear for 4-5 minutes per side for medium-rare, adjusting for your preferred doneness.
4. Transfer steaks to a plate, cover loosely with foil, and let rest.
5. Make the Sauce: In the same skillet:
6. Add butter and let it melt.
7. Stir in the garlic and sauté until fragrant (about 30 seconds).
8. Add the shrimp and cook until pink, about 2-3 minutes. Gently stir in the lobster meat to warm through.
9. Cream It Up: Reduce heat to low and pour in the heavy cream. Stir until combined and simmer for 3-4 minutes until slightly thickened. Taste and adjust seasoning with salt and pepper.
10. Plate & Garnish: Return the rested filet to the skillet or plate it individually. Spoon the seafood cream sauce over the top, then garnish with fresh parsley or chives.

TIPS FOR SUCCESS

Use a meat thermometer : For perfect doneness, aim for 130°F (54°C) for medium-rare.

Don't overcook shrimp : Pull them from the heat once they're pink and curled.

Rest your steak : Always let it rest before slicing-it keeps the juices in. ?

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

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