

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

Filet Mignon with Shrimp and Lobster Cream Sauce - Luxurious Surf & Turf Made Easy



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30 min

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INGREDIENTS

For the Filet Mignon:

1 lb filet mignon (about 2 steaks)

Salt and pepper, to taste

2 tbsp olive oil

For the Shrimp & Lobster Cream Sauce:

2 tbsp unsalted butter

2 garlic cloves, minced

1 cup shrimp, peeled and deveined

1 cup cooked lobster meat, chopped

¾ cup heavy cream

Fresh chives or parsley, chopped for garnish

DIRECTIONS

1. Prepare the Filet: Remove filet mignon from the fridge 30 minutes before cooking to bring to room temperature.
2. Pat dry with paper towels and season both sides generously with salt and pepper.
3. Sear the Filet: Heat olive oil in a large skillet over medium-high heat.
4. Sear the steaks for 4-5 minutes per side for medium-rare, adjusting for thickness.
5. Remove from pan and tent loosely with foil to rest for 5-10 minutes.
6. Make the Seafood Cream Sauce: In the same skillet, melt butter over medium heat.
7. Add garlic and cook for 30 seconds until fragrant.
8. Add shrimp and cook until pink, about 2-3 minutes.
9. Gently stir in the cooked lobster meat and heavy cream.
10. Reduce heat to low and simmer 3-4 minutes, allowing the sauce to thicken slightly.
11. Season with salt and pepper to taste.
12. Serve: Return filet mignon to the pan or plate separately.
13. Spoon shrimp and lobster cream sauce generously over the top.
14. Garnish with chopped chives or parsley and serve immediately.

TIPS FOR SUCCESS

Room temperature filet ensures even cooking and a perfect sear.

Let the steak rest after cooking to lock in juices.

Use real heavy cream for the best texture and richness in your sauce.

Don't overcook the shrimp-they should just turn pink and opaque.

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

Original recipe: <https://chefmaniac.com/filet-mignon-with-shrimp-and-lobster-cream-sauce-elegant-surf-turf-at-home-2/>