

## This Pan-Seared Steak with Mushroom Cream Sauce Is a Date Night Favorite

Steak with Creamy Mushroom Sauce - Elegant, Hearty & Totally Satisfying



**TIME**  
**30 min**

**TEMP**  
**145°F**

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**SAVE**  
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### INGREDIENTS

For the Steak:

2-4 steaks (ribeye, filet mignon, sirloin, or NY strip, about 1 inch thick)

Salt and black pepper, to taste

1 tbsp olive oil

1 tbsp butter

2 garlic cloves, smashed

2 sprigs thyme or rosemary (optional)

For the Creamy Mushroom Sauce:

8 oz (225 g) mushrooms, sliced (cremini, baby bella, or mixed)

2 garlic cloves, minced

$\frac{1}{8}$  small onion or shallot, finely chopped

$\frac{1}{4}$  cup dry white wine or beef broth

$\frac{3}{4}$  cup heavy cream

1 tsp Dijon mustard (optional)

$\frac{1}{4}$  cup grated Parmesan cheese (optional)

Salt and pepper, to taste

Fresh parsley or chives, for garnish

### DIRECTIONS

1. Prep the Steaks: Pat steaks dry with paper towels.
2. Season generously with salt and black pepper.
3. Let sit at room temperature for 20-30 minutes for even cooking.
4. Sear the Steaks: Heat olive oil in a large skillet over medium-high heat.
5. Add steaks and cook 3-5 minutes per side, depending on thickness and doneness preference.
6. Add butter, smashed garlic, and thyme or rosemary during the last minute.
7. Baste steaks with butter for extra flavor.
8. Remove steaks and tent loosely with foil to rest.
9. ? Chef's Tip: Internal temps - 125°F (rare), 135°F (medium-rare), 145°F (medium), 150°F+ (well-done)
10. Make the Mushroom Sauce: In the same pan (don't clean it!), reduce heat to medium.
11. Add butter and olive oil, then mushrooms. Sautø 6-8 minutes until golden and tender.
12. Add garlic and onion/shallot, cook another 2-3 minutes.
13. Pour in white wine or broth and deglaze, scraping up all the browned bits.
14. Simmer 2-3 minutes to reduce.
15. Stir in cream and : Dijon, simmer 2-3 more minutes until slightly thickened.
16. Add : Parmesan, season with salt and pepper.
17. Serve: Spoon the hot sauce over rested steaks.
18. Garnish with chopped parsley or chives.

19. Serve immediately with your favorite sides.

#### TIPS FOR SUCCESS

Rest your steak after cooking to keep it juicy.

Use room-temperature steaks to get an even sear.

Don't rush the mushrooms- caramelization = flavor .

Deglazing is key -all the flavor from searing the steak boosts your sauce.

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

Original recipe: <https://chefmaniac.com/this-pan-seared-steak-with-mushroom-cream-sauce-is-a-date-night-favorite/>