

Seared Filet Mignon with Shallot Peppercorn Cream Sauce: Restaurant Quality at Home

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OVEN
250°F

TIME
4-5 min

TEMP
140°F

PRINT
Recipe Card

INGREDIENTS

4 filet mignon steaks (about 6 ounces each, roughly 1-1.5 inches thick)

Salt and freshly ground black pepper to taste

2 tablespoons olive oil

1 tablespoon butter

2 shallots, finely chopped

1 tablespoon crushed black peppercorns (use a mortar and pestle or the flat side of a knife to crush whole peppercorns)

1 cup heavy cream

1/2 cup beef broth (low sodium is preferred)

1 teaspoon Dijon mustard

Salt to taste

Swaps and Notes:

Filet Mignon: While filet mignon is ideal for its tenderness, you can apply this searing technique and sauce to other cuts like New York strip or ribeye, adjusting cooking times as needed for your desired doneness and thickness.

Peppercorns: Crushing whole black peppercorns just before use offers the freshest, most pungent flavor. Pre-ground pepper won't give the same intense kick. Green peppercorns (often found brined in jars) can also be used for a milder, slightly fruitier flavor.

Shallots: Shallots offer a milder, sweeter flavor than onions, which is perfect for this delicate sauce. If you absolutely can't find them, a very

small amount of finely minced yellow onion can be used, but it will alter the nuanced flavor slightly.

Beef Broth: Use good quality beef broth or stock. A rich, flavorful broth will enhance the depth of the sauce.

Cream: Heavy cream is essential for the rich, thick texture of the sauce. Do not substitute with lighter creams or milk as they won't thicken properly.

Dijon Mustard: Dijon adds a subtle tang that balances the richness of the cream. Don't worry, the sauce won't taste like mustard!

Step-by-Step Directions:

Prepare the Steaks: Pat the filet mignon steaks dry with paper towels. This is crucial for achieving a good sear. Season them generously on all sides with salt and freshly ground black pepper.

Sear the Steaks: Heat the olive oil in a heavy skillet (cast iron or stainless steel works best) over medium-high heat until it shimmers and just begins to smoke. Carefully add the seasoned steaks to the hot skillet. Sear them until they are well-browned on both sides and reach your desired level of doneness. For medium-rare (which I highly recommend for filet), this is typically about 4-5 minutes per side, depending on thickness. Use a meat thermometer to check for accuracy: 130-135°F for medium-rare, 135-140°F for medium.

Rest the Steaks: Once cooked to your liking, remove the steaks from the skillet and place them on a cutting board or plate. Tent them loosely with foil to keep them warm while you make the sauce. This resting period is vital for juicy steaks, allowing the juices to redistribute.

Make the Sauce: In the same skillet (don't clean it, those browned bits are flavor!), reduce the heat to medium. Add the butter. Once melted, add the finely chopped shallots and sauté until they are soft and translucent, about 2-3 minutes.

Add Peppercorns and Broth: Add the crushed black peppercorns to the skillet and cook for another minute, stirring frequently, to release their aroma. Pour in the beef broth and bring the mixture to a simmer, scraping up any delicious browned bits (fond) from the bottom of the pan with a wooden spoon or spatula. Let it simmer for about 1-2 minutes to reduce slightly.

Thicken with Cream and Dijon: Stir in the heavy cream and Dijon mustard. Continue to simmer gently, stirring occasionally, until the sauce thickens enough to coat the back of a spoon, typically about 5-7 minutes.

Season the Sauce: Taste the sauce and season with salt to taste. Remember the steaks are already seasoned, so adjust accordingly.

Serve: Slice the rested steaks against the grain if desired, or serve them whole. Place each steak on a plate and generously spoon the warm shallot peppercorn cream sauce over the top.

Tips for Success:

Pat Steaks Dry: This is the most important step for a good sear! Moisture on the surface of the meat will steam it rather than sear it, preventing that beautiful brown crust.

Hot Skillet: Ensure your skillet is very hot before adding the steaks to achieve a proper sear quickly.

Don't Overcrowd: Cook steaks in batches if necessary to maintain high heat in the pan. Overcrowding lowers the pan temperature.

Rest Your Meat: Always, always rest your steak! This allows the juices to redistribute throughout the meat, resulting in a more tender and juicy bite.

Deglaze for Flavor: Don't skip scraping up the browned bits (fond) from the bottom of the pan when adding the beef broth. This is where a ton of flavor for your sauce comes from!

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. Creating this : Seared Filet Mignon with Shallot Peppercorn Cream Sauce is easier than you might think. Follow these steps for a perfect meal:
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14. Deglaze for : Flavor: Don't skip scraping up the browned bits (fond) from the bottom of the pan when adding the beef broth. This is where a ton of flavor for your sauce comes from!
15. Serving Suggestions and Pairings: This Seared Filet Mignon with Shallot Peppercorn Cream Sauce is a showstopper. It pairs beautifully with classic steakhouse sides. Think creamy mashed potatoes, roasted asparagus, sautéed green beans, or a simple side salad. For a beverage pairing, a bold Cabernet Sauvignon or a rich Merlot would be perfect. If you're looking for other savory and comforting main dishes, you might enjoy my This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort or my Classic Spaghetti Recipe with Homemade Sauce (which could easily be elevated with some added steak!).
16. Storage and Leftover Tips: Leftover filet mignon is best enjoyed within 2-3 days, stored in an airtight container in the refrigerator. The sauce can also be stored separately for the same duration. To reheat, gently warm the steak in a lightly oiled skillet over low heat or in a 250°F (120°C) oven until just warmed through to avoid overcooking. Reheat the sauce gently in a small saucepan over low heat, stirring occasionally. You might need to add a splash of beef broth or cream if it has thickened too much.
17. More Recipes You Will Love: If you loved this elegant steak dish, here are a few more savory recipes that I think you'll truly enjoy:
18. For another quick and flavorful weeknight meal, try my This Tomato Skillet with Okra and Sausage Is My

Favorite Quick Dinner Packed with Southern Flavor.

19. If you're into delicious, easy-to-make appetizers that still impress, check out my [This Baked Kosher Salami Is My Favorite Easy Appetizer With Big Flavor](#).
20. And for a fun, casual, and cheesy meal, my [Easy Cheesy Chicken Sliders with Marinara Garlic Butter](#) are always a hit!
21. Final Thoughts: This Seared Filet Mignon with Shallot Peppercorn Cream Sauce is a testament to how simple techniques and quality ingredients can create an unforgettable dining experience right in your own home. It's surprisingly quick for such an elegant dish and guarantees to impress anyone you serve it to. Give it a try, and savor every exquisite bite!
22. What's your favorite way to prepare a special occasion steak? Share your tips in the comments below, and don't forget to follow Chef Maniac for more delicious and inspiring recipes!

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/seared-filet-mignon-with-shallot-peppercorn-cream-sauce-restaurant-quality-at-home/>