

## Luxurious Surf & Turf: Filet Mignon with Shrimp & Lobster Cream Sauce

Filet Mignon with Shrimp and Lobster Cream: An Indulgent Surf-and-Turf Masterpiece



**TIME**  
**3-4 min**

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**ChefManiac**

### INGREDIENTS

- 4 filet mignon steaks (6 oz each)
- 8 shrimp, peeled and deveined
- 1 lobster tail, meat removed and chopped (about 3-4 oz meat)
- 2 tbsp butter
- 1 tbsp olive oil
- 1 cup heavy cream
- 1/2 cup Parmesan cheese, grated
- 1/2 tsp garlic powder
- 1/4 tsp salt (for seasoning steak)
- 1/4 tsp black pepper (for seasoning steak)
- Fresh parsley, chopped (for garnish)

### DIRECTIONS

1. Let's create this impressive : Filet Mignon with Shrimp and Lobster Cream:
2. Prepare the : Filets: Pat the filet mignon steaks dry with paper towels. Season each steak generously on both sides with salt, black pepper, and garlic powder.
3. Sear the : Steaks: In a large, heavy-bottomed skillet (preferably cast iron), heat the olive oil over medium-high heat until shimmering. Carefully place the seasoned steaks in the hot skillet. Sear for 3-4 minutes per side for medium-rare doneness. Adjust cooking time for your preferred doneness (less for rare, more for medium-well). Once cooked, remove the steaks from the skillet and set them aside on a plate to rest. Tent loosely with foil to keep warm.
4. Cook the : Shrimp: In the same skillet (no need to clean it, the fond from the steak adds flavor), melt 1 tablespoon of butter over medium heat. Add the peeled and deveined shrimp. Cook for about 2 minutes per side, or until the shrimp turn pink and opaque. Remove the cooked shrimp from the skillet and set them aside with the resting steaks.
5. Prepare the : Lobster Cream Sauce: Add the remaining 1 tablespoon of butter to the skillet. Once melted, add the chopped lobster meat. SautØ for 1-2 minutes until the lobster meat turns opaque.
6. Simmer the : Sauce: Pour in the heavy cream. Bring the mixture to a gentle simmer, stirring occasionally, and let it cook for about 3 minutes to slightly reduce and thicken.
7. Thicken with : Parmesan: Stir in the grated Parmesan cheese and continue to cook, stirring, until the sauce thickens to your desired consistency. Season the sauce

with salt and black pepper to taste.

8. **Combine :** Seafood: Return the cooked shrimp to the skillet with the lobster cream sauce. Stir gently to coat the shrimp completely in the luscious sauce.
9. **Assemble and : Serve:** Plate each rested filet mignon steak. Spoon the warm shrimp and lobster cream saucegenerously over the top of each filet. Garnish with fresh chopped parsley for a pop of color and freshness. Serve immediately for the ultimate indulgent experience.

## SWAPS & NOTES

**Steak:** While filet mignon is the star here, you could use other tender cuts like New York strip or even a thick-cut sirloin, adjusting cooking times accordingly.

**Seafood:** If lobster is unavailable or you prefer, you can certainly swap the lobster meat for crab meat (fresh or good quality canned, well-drained) or even an additional half-pound of shrimp.

Scallops also make a fantastic addition, added with the shrimp.

**Cream:** Heavy cream is essential for the richness and thickness of the sauce.

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

Original recipe: <https://chefmaniac.com/luxurious-surf-turf-filet-mignon-with-shrimp-lobster-cream-sauce/>