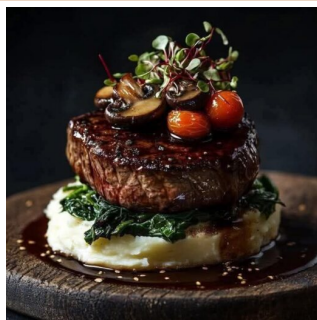


Gourmet Beef Filet Mignon with Smoked Beef Jus: Elegant Dinner Recipe

Gourmet Beef Filet Mignon with Smoked Beef Jus: A Decadent Feast at Home!



OVEN
400°F

TIME
5-7 min

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INGREDIENTS

2 (6-8 oz) beef tenderloin filets, 1.5-2 inches thick
Kosher salt & freshly ground black pepper
1 tbsp neutral oil (grapeseed or avocado)
2 tbsp unsalted butter
2 sprigs fresh thyme
2 cloves garlic, crushed
1 cup beef jus (or high-quality demi-glace)
1 tsp smoked paprika (or $\frac{1}{8}$ tsp liquid smoke)
1 tbsp red wine (optional)
1 tsp brown sugar
1 tsp soy sauce (for umami)
1 tbsp cold unsalted butter (to finish)
2 large Yukon Gold potatoes, peeled & cubed
... cup heavy cream (warmed)
3 tbsp unsalted butter
Salt & white pepper to taste
Pinch of freshly grated nutmeg
2 cups baby spinach
1 tbsp unsalted butter
1 small garlic clove, minced
Pinch of salt & lemon zest
 $\frac{1}{2}$ cup cherry tomatoes, halved
 $\frac{1}{2}$ cup wild mushrooms (shiitake, chanterelle, or cremini), cleaned and trimmed
1 tbsp olive oil

1 tsp balsamic glaze
Salt & black pepper

DIRECTIONS

1. Prepare the Smoked Beef Jus: In a small saucepan, combine the 1 cup beef jus (or demi-glaze), 1 teaspoon smoked paprika (or ½ teaspoon liquid smoke), 1 tablespoon red wine (optional), 1 teaspoon brown sugar, and 1 teaspoon soy sauce. Bring the mixture to a gentle simmer over medium heat, stirring occasionally, and let it simmer for about 5-7 minutes until it slightly thickens to a pourable consistency. Remove from heat. Whisk in 1 tablespoon cold unsalted butter piece by piece until it's fully incorporated and the jus has a glossy, luxurious finish. Keep warm over very low heat or in a warm spot until serving.
2. Cook the Filet Mignon (Choose Your Method):
3. Option A: Sous Vide (for perfect medium-rare, recommended for precision)
4. Season your filets generously with kosher salt and freshly ground black pepper.
5. Place the seasoned filets in a vacuum-sealable bag with 2 sprigs fresh thyme and 2 crushed garlic cloves. Vacuum seal the bag.
6. Cook the sealed filets in a 130°F (54°C) water bath for 1-1.5 hours. This ensures a perfect edge-to-edge medium-rare doneness.
7. Once cooked, remove the filets from the bag, pat them very dry with paper towels (crucial for searing!).
8. Heat a cast-iron skillet over high heat until it's smoking hot. Add 1 tablespoon neutral oil (grapeseed or avocado).
9. Carefully place the dried filets in the hot skillet. Sear for 1 minute per side until a beautiful, dark crust forms. Remove from heat and set aside. No

resting needed after sous vide, but a minute or two won't hurt.

10. Option B: Pan-Seared (classic method)
11. Pat your filets very dry with paper towels. Season generously with kosher salt and freshly ground black pepper.
12. Heat a cast-iron skillet (or other heavy-bottomed pan) over high heat until it is smoking hot. Add 1 tablespoon neutral oil.
13. Carefully place the seasoned filets in the hot skillet. Sear for 3-4 minutes per side for medium-rare (internal temperature of 130-135°F / 54-57°C). Adjust cooking time for desired doneness (refer to a meat thermometer for accuracy).
14. During the last minute of searing, add 2 tablespoons unsalted butter, 2 sprigs fresh thyme, and 2 crushed garlic cloves to the pan. Tilt the pan and spoon the melted butter and aromatics over the filets continuously for about 1 minute.
15. Remove the filets from the pan and transfer them to a cutting board. Let them rest for 5-7 minutes before slicing. This allows the juices to redistribute, ensuring a tender and juicy steak. For more searing tips, check out the Ribeye Steak or Skirt Steak recipes.
16. 3. Creamy Mashed Potatoes: While the steak cooks/rests, place the 2 large peeled and cubed Yukon Gold potatoes in a large pot. Cover with cold salted water and bring to a boil. Reduce heat and simmer for about 15 minutes, or until the potatoes are very tender. Drain the potatoes thoroughly. For ultra-smooth texture, pass them through a fine sieve, potato ricer, or food mill back into the pot. In a separate small pot, gently warm the ... cup heavy cream and 3 tablespoons unsalted butter. Fold this warmed mixture into the mashed potatoes. Season with salt, white pepper to taste, and a pinch of freshly grated nutmeg. Mix until smooth and creamy. Keep warm.
17. 4. Sautéed Spinach: In a medium pan, heat 1 tablespoon unsalted butter over medium heat. Add 1 small minced garlic clove and cook for about 30 seconds until fragrant. Toss in the 2 cups baby spinach and cook until just wilted, about 1 minute. Finish with a pinch of salt and lemon zest. Keep warm.
18. 5. Roasted Cherry Tomatoes & Mushrooms: Preheat oven to 400°F (200°C). In a small bowl, toss the ¾ cup halved cherry tomatoes and ¾ cup cleaned wild mushrooms with 1 tablespoon olive oil, salt, and black pepper. Spread the mixture on a small baking sheet. Roast for 8-10 minutes, or until the tomatoes are slightly blistered and the mushrooms are tender. Drizzle with 1 teaspoon balsamic glaze before serving.

SWAPS & NOTES

Filet Mignon: For best results, use high-quality beef tenderloin.

Ensure the filets are at room temperature before cooking for even heat distribution.

Smoked Beef Jus: High-quality beef jus or demi-glace is key.

Smoked paprika provides a mild smoky flavor; liquid smoke is more intense, so use sparingly.

