

Creamy Beef Tenderloin

Pan-seared beef tenderloin with creamy mushroom garlic sauce. Restaurant-quality steak dinner ready in 40 minutes. Perfect for special occasions.

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 21 oz beef
- 3 clove garlic
- 3 tbsp olive oil
- 1 tbsp vinegar
- 1 tbsp soy sauce
- 1 cup heavy cream
- 7 oz mushroom
- 2 sprig rosemary
- 1 tsp salt

Instructions

1 Marinate the beef

Cut 21 oz beef tenderloin into 4 equal steaks, about 1.5 inches thick. Mince 3 cloves garlic and whisk together with 3 tablespoons olive oil, 1 tablespoon grape vinegar, and 1 tablespoon soy sauce in a bowl. Place beef steaks in the marinade, turning to coat all sides, and refrigerate for at least 4 hours or overnight.

2 Prepare for cooking

Remove marinated beef from refrigerator 30 minutes before cooking to bring to room temperature. Pat steaks completely dry with paper towels and season both sides generously with salt and pepper.

3 Sear the beef

Heat a cast iron skillet or heavy pan over high heat until it begins to smoke. Add the beef steaks and sear for 3-4 minutes without moving them, until a golden-brown crust forms.

- 4 Flip steaks and add 2 sprigs fresh thyme to the pan. Continue cooking for 2-3 minutes more until internal temperature reaches 135°F (57°C) for medium-rare. Remove steaks to a plate and tent with foil to rest for 5 minutes.
- 5 **Make the mushroom sauce**

Reduce heat to medium and add 7 oz sliced mushrooms to the same pan. Cook for 5-6 minutes, stirring occasionally, until mushrooms are golden brown and their moisture has evaporated.
- 6 Add any remaining minced garlic from the marinade to the mushrooms and cook for 1 minute until fragrant. Season with 1 teaspoon salt and pepper to taste.
- 7 Pour in 1 cup heavy cream and bring to a gentle simmer. Cook for 3-4 minutes, stirring frequently, until the sauce thickens enough to coat the back of a spoon. Taste and adjust seasoning with salt and pepper.
- 8 **Serve**

Slice the rested beef against the grain into 1/2-inch thick slices. Arrange on serving plates and spoon the creamy mushroom sauce over and around the beef.

Tips

Remove the beef from refrigeration 30-45 minutes before cooking to ensure even temperature throughout and better searing results.

Pat the meat completely dry with paper towels before seasoning - moisture prevents proper browning and creates steam instead of a golden crust.

Use a heavy-bottomed pan like cast iron or stainless steel that retains heat well for consistent searing across the entire surface.

Don't move the steak once it hits the hot pan - let it develop a proper crust before flipping, which takes about 3-4 minutes per side.

Let the finished steak rest for 5-10 minutes after cooking to allow juices to redistribute throughout the meat for maximum tenderness.

Cook mushrooms in a single layer without overcrowding to ensure they brown properly rather than steam in their own moisture.

Taste and adjust the sauce seasoning at the end - cream can dull flavors, so you may need additional salt and pepper.

Use room temperature cream when making the sauce to prevent it from shocking and potentially breaking when added to the hot pan.