

# Filet Mignon

Learn how to cook perfect filet mignon with this foolproof pan-seared method. Get restaurant-quality steaks at home with butter basting technique.

5 min

PREP

35 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 4 steak
- 2 tbsp olive oil
- 4 tbsp butter
- 1 clove garlic
- 2 sprig rosemary
- 1 pinch rock salt
- 1 pinch black pepper

## Instructions

### 1 Prepare the steaks

Remove 4 filet mignon steaks from refrigerator and pat completely dry with paper towels. Let stand at room temperature for 20-30 minutes to ensure even cooking.

### 2 Preheat equipment

Preheat oven to 230°C (450°F). Place a heavy-bottomed, oven-safe skillet over medium-high heat and let it heat for 5 minutes until very hot.

### 3 Season all sides of the steaks generously with 1 pinch salt and 1 pinch black pepper, pressing gently with your fingers so the seasoning adheres to the meat.

### 4 Sear the steaks

Add 2 tablespoons oil to the hot skillet and swirl to coat. Once the oil begins to smoke, carefully place the steaks in the pan without overcrowding.

### 5 Sear the steaks without moving them for 2-3 minutes until a deep golden-brown crust forms on the bottom.

## 6 **Add aromatics**

Using tongs, flip the steaks to the other side. Immediately add 4 tablespoons butter, 1 crushed garlic clove, and 2 fresh thyme sprigs to the pan.

7 Tilt the pan slightly toward you and use a spoon to continuously baste the steaks with the foaming butter for 2-3 minutes until fragrant and the butter is golden brown.

## 8 **Finish in oven**

Transfer the entire skillet to the preheated oven and cook for 4-6 minutes for medium-rare doneness, or until internal temperature reaches 52-57°C (125-135°F).

## 9 **Rest and serve**

Remove steaks from oven and transfer to a cutting board. Tent loosely with foil and let rest for 5-8 minutes to allow juices to redistribute before serving.

## Tips

Bring filet mignon to room temperature 30 minutes before cooking - this ensures even cooking throughout the steak.

Pat the steaks completely dry with paper towels before seasoning to achieve the best searing and crust formation.

Use a heavy-bottomed stainless steel or cast iron pan that can go from stovetop to oven for the best heat retention.

Don't move the steaks once they hit the hot pan - let them develop a proper crust before flipping.

Butter basting (arroser) with herbs and garlic adds incredible flavor and helps create an even golden color.

Always use tongs instead of a fork to flip steaks to avoid piercing and losing precious juices.

Let the steaks rest for 5-10 minutes after cooking to allow juices to redistribute throughout the meat.

Slice against the grain if serving sliced, though filet mignon is typically served whole due to its tenderness.