

# Fileminyon

Learn how to cook perfect filet mignon with pan-searing and oven-finishing technique. Tender, juicy beef steaks ready in 15 minutes with simple seasonings.

5	35	40	4	Easy
HAZIRLIK DK	PIRME DK	TOPLAM DK	PORSIYON	ZORLUK

Fileminyon

## Malzemeler

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

## Yapılışı

- Prepare the Steaks**

Remove the 4 filet mignon steaks from the refrigerator and pat completely dry with paper towels. Let rest at room temperature for 30 minutes to ensure even cooking.
- Preheat oven to 200°C (400°F).** Season steaks generously on all sides with 1 pinch of salt and 1 pinch of black pepper, pressing the seasoning into the meat.
- Sear the Steaks**

Heat 2 tablespoons of oil in a heavy-bottomed oven-safe skillet over high heat until the oil begins to smoke, about 2-3 minutes.
- Place steaks in the hot pan without moving them. Sear for 2-3 minutes until a deep golden-brown crust forms on the bottom.
- Flip steaks using tongs and sear the second side for 2-3 minutes until equally browned and crusted.
- Add Aromatics**

Add 4 tablespoons of butter, 1 clove of crushed garlic, and 2 sprigs of fresh herbs to the pan around the steaks.
- Tilt the pan slightly and baste the steaks with the melted butter using a spoon, spooning the aromatic butter over the tops for 1 minute.
- Finish in Oven**

Transfer the pan to the preheated oven and cook for 3-5 minutes until the internal temperature reaches 54°C (130°F) for medium-rare, or until desired doneness.
- Rest and Serve**

Transfer steaks to a cutting board and tent loosely with foil. Rest for 5 minutes to allow juices to redistribute before serving.

## ?puçlar?

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Remove steaks from refrigerator 30 minutes before cooking to ensure even temperature distribution throughout the thick cut.

Pat steaks completely dry with paper towels before seasoning to achieve maximum crust development during searing.

Use a heavy-bottomed pan or cast iron skillet that retains heat well for consistent searing temperature.

Resist the urge to move or flip steaks multiple times - one flip creates the best crust and prevents sticking.

Invest in an instant-read thermometer for precise doneness, as visual cues can be unreliable with this thick cut.

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

Warm your serving plates in a low oven to prevent the steaks from cooling too quickly when served.

Save the fond (browned bits) in the pan to create a quick pan sauce with wine or stock.