

Pan Seared Filet Mignon



This is the perfect way to cook filet mignon at home simple, flavorful and absolutely juicy. Great for any time you want to cook a special dinner!

Serving Size: 2

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Joe's Filet Mignon

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Ingredients

- 2 Filet Mignons
- salt & ground black pepper to taste (season generously!)
- 1 tablespoon oil
- 2 tablespoons unsalted butter
- 5 cloves garlic peeled
- 4 sprigs fresh rosemary

Instructions

- Remove fillet steaks from fridge 30-60 minutes before preparing. Unwrap, season and let sit at room temperature.
- Once ready to cook, heat oven to 360°F. Place a medium cast iron skillet over high heat. Once hot, carefully add oil (watch out for splatters). Sear the Filet Mignon for 2-3 minutes per side, until a golden brown crust forms. Immediately remove skillet from heat.
- Carefully add butter, garlic and rosemary to skillet. Place skillet in oven and bake for 2-8 minutes depending on preferred doneness.
- Note: 5 minutes will yield fillet steaks cooked to about medium. 3-4 minutes will yield medium-rare and 6-7 minutes will yield rare fillet steaks. 6-7 minutes will yield medium-well and 8 minutes will yield well done. Timing depends on your exact Filet Mignon weight and thickness.
- Remove steak from skillet and place on a plate. Tent with foil, then rest for 5-10 minutes. Spoon the butter from skillet over the steak.
- Enjoy!

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