



# #MakeItGAP

## RECIPES

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## CAST IRON FILET MIGNON WITH CREAMY PEPPERCORN SAUCE

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**YIELD:** 2 servings

### FILET MIGNON:

2 filet mignon, around 6 oz. each  
Salt and pepper, *to taste*  
4 Tbsp. butter  
4-5 springs fresh thyme  
1 spring fresh rosemary

### PEPPERCORN SAUCE:

1 Tbsp. Whole Black Peppercorns, *crushed*  
1 cup heavy cream  
1/4 cup beef stock  
1 small shallot, *finely diced*  
1 small clove Garlic, *finely diced*  
1/2 Tbsp. butter  
1/2 tsp. Worcestershire sauce  
Salt, *to taste*

### PREPARATION:

Take your filets out of the refrigerator and pat dry with a paper towel. Season all sides with some salt and pepper and set aside.

Prepare the cast iron over medium-high heat and add butter. Let melt and add in the thyme and rosemary. Once the melted butter starts to smoke, add in your filets.

Depending on the temperature you want the inside to reach, you'll want to cook the steaks as close to the same amount of time on each side. For medium, you're looking at about 4-5 minutes on both sides. For rarer steaks, cut down the temperature 1 minute both sides and for well done steaks, you'll want to add 2 or more minutes depending on the thickness of the steak. Checking the temperature with a digital thermometer will be the easiest way to verify the doneness.

To help caramelize and cook the steaks evenly, use a spoon and scoop up some of the butter and drizzle it on top of the steaks continuously as they're cooking. Slightly lighting the pan will help the butter pool in one spot to easily scoop the butter.

Once the steak has reached 5°F lower than your desired internal temperature, remove from the cast iron pan and set aside, leaving the juices from the filets in the pan. Let meat rest for 5-10 minutes before slicing - the temperature will continue to rise while resting.

Melt butter in the pan with the juices over medium heat and deglaze the pan if necessary. Fry shallots until fragrant and translucent, about 2-3 minutes. Add in garlic and peppercorns and fry for a minute or so until the garlic just begins to brown. Pour in Worcestershire sauce and beef stock, then stir in the cream. Add salt to taste. Reduce to a simmer and stir constantly until the sauce thickens enough to coat the back of a spoon, about 8-12 minutes.

Remove from heat and spoon over filets.

*Recipes adapted from [theculinarycompass.com](http://theculinarycompass.com) and [dontgobaconmyheart.co.uk](http://dontgobaconmyheart.co.uk)*