

Cooking Filet Mignon Properly

CHAT-0119 / REV EXPORT-03 / 2026.08.25

A conversation-specific public summary of cooking filet mignon properly, distilled from the supplied export. The detailed excerpts remain available in the released note file.

STATUS	RECOVERED / SPECIFIC NOTE
CLASSIFICATION	DAT
MATERIAL	CHAT EXPORT / FOOD & RECIPES
DISPOSITION	PUBLIC CONVERSATION EXCERPTS / REDACTED
CATEGORY	Food & Recipes
RECORD TYPE	recipe-thread

TECHNICAL NOTES

Conversation-specific knowledge extracted from the cooking filet mignon properly discussion.

A RECIPE TO MAKE / ADDED TO THIS RECORD

A pan method for thick, refrigerator-cold filet, with rare and medium-rare preferences clearly distinguished from USDA's recommendation.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

PAN-SEARED THICK FILET MIGNON

New matching stovetop recipe adapted from CHAT-0119's thick, refrigerator-cold filet workflow and FOOD-031's temperature discussion; measured batch and complete method are newly assembled.

YIELD	2 servings
PREP / WAIT	10 minutes
COOK	About 12-22 minutes, plus at least 3 minutes resting

RECIPE INGREDIENTS

- 2 whole-cut filet mignon steaks, 6-8 oz each and 1 1/2-2 inches thick
- 3/4 tsp fine salt
- 1/2 tsp black pepper
- 1 tbs neutral high-heat oil

- 2 tbsp unsalted butter
- 2 garlic cloves, lightly crushed (optional)
- 2 thyme sprigs (optional)

RECIPE METHOD

1. Pat refrigerator-cold steaks thoroughly dry and season with salt and pepper. Heat a heavy skillet over medium-high for about 3 minutes; add oil. A numbered stove dial is only a starting point, so reduce heat if the oil smokes heavily.
2. Sear the first side 2-3 minutes, then the second side 2-3 minutes. Use tongs to brown the edges briefly.
3. Reduce to medium-low. Add butter, optional garlic and thyme. Flip every 45-60 seconds, spooning butter over the steaks; keep the butter from burning.
4. Begin checking the center from the side after 4 minutes at lower heat. Continue in 1-minute intervals. For the USDA safety-standard version, reach 145°F before removing from heat and rest at least 3 minutes.
5. Optional rare-to-medium-rare preference branch: these temperatures are below USDA's recommendation and carry increased risk. For a desired final center of 120-125°F (rare) or 130-135°F (medium-rare), stop the low-heat cooking roughly 5°F short of that chosen range, then rest 5-10 minutes and measure again. Carryover varies; the final thermometer reading, not the clock or assumed rise, describes the doneness. Choose the 145°F plus three-minute-rest method for the safety-standard version.
6. Serve after the selected resting step with the pan butter. Thickness, pan and starting temperature control cooking time.

RECIPE NOTES & STORAGE

- The original preference was rare to medium-rare. Culinary final temperatures of about 120-125°F for rare and 130-135°F for medium-rare are below USDA's 145°F plus three-minute-rest recommendation and carry greater foodborne-illness risk; these are preference references, not safety endpoints.
- Use package directions for injected or mechanically tenderized beef. This card assumes an intact, unstuffed whole-cut steak.
- Refrigerate leftovers promptly at 40°F or below for 3-4 days; reheat to 165°F.

RECIPE BASIS & REFERENCES

CHAT-0119 source record

<https://u225x.com/record/CHAT-0119>

FOOD-031 source record

<https://u225x.com/record/FOOD-031>

USDA: safe minimum internal temperatures

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

FoodSafety.gov: cold food storage chart

<https://akaprod-www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

FDA: storing food safely

<https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

ORIGINAL RECORD / RETAINED NOTES

CONVERSATION / QUESTION AND CONTEXT

How to properly cook a filled mignon in a pan on three stove that is 1.5 to 2 inches thick

CONVERSATION / EXTRACTED GUIDANCE

1. Use a cast-iron or heavy stainless-steel skillet. Heat it over medium-high for several minutes until quite hot. Add about 1 tablespoon of a high-heat oil such as avocado, canola, or vegetable oil.
 2. *One important thing: if by "filled mignon" you meant filet mignon, the above is what I'd do. If you meant a stuffed/filled filet mignon, tell me what's inside it because that changes the cooking method considerably.
 3. Preheat the pan: 7-8 for about 3-4 minutes.
 4. Add a little high-heat oil.
 5. First side: 7-8 for 2½-3 minutes, untouched.
 6. Flip: another 2½-3 minutes at 7-8.
 7. Turn the stove down to 4.
 8. Add 2 Tbsp butter + garlic (and thyme/rosemary if you have it).
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SPECIFICATION

SOURCE	Supplied ChatGPT export
CATEGORY	Food & Recipes
CONVERSATION	4 user turns / 4 assistant turns
ATTACHMENTS	4 references detected
PUBLIC DETAIL	Extracted knowledge + excerpts

DEVELOPMENT HISTORY

2026.08.25 / EXPORT-04

Matched to the supplied export; key guidance is surfaced separately and the raw transcript remains unpublished.

RELEASED MATERIAL / SOURCE LINKS

CHAT-0119-public-note.txt

PUBLIC-SAFE CONVERSATION NOTE / UNIQUE FILE

<https://u225x.com/downloads/chat-records/CHAT-0119-public-note.txt>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/CHAT-0119>