

DINNER

Beef Tenderloin with Ginger-Shiitake Brown Butter

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	30 min	20 min	4	\$9.87	309 kcal



Beef Tenderloin with Ginger-Shiitake Brown Butter requires roughly 50 minutes from start to finish. For \$9.87 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals. Watching your figure? This gluten free and ketogenic recipe has 960 calories, 42g of protein, and 80g...

Ingredients

☐ 1 tablespoon finely chopped garlic chives	☐ 32 ounce filet mignon steaks
☐ 2 tablespoons finely minced fresh ginger	☐ ½ cup thinly sliced fresh shiitake mushrooms
☐ 1 tablespoon finely minced garlic	☐ ½ teaspoon kosher salt
☐ 4 servings Kosher salt and fresh cracked pepper to taste	☐ 2 tablespoons mirin (Japanese sweet wine) Japanese wine

☐ 2 tablespoons olive oil

☐ 3 tablespoons sake

☐ ½ cup unsalted butter

EQUIPMENT Frying pan, Sauce pan, Oven

Method

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Season filets to taste with salt and pepper.
- 3 Heat olive oil in a heavy, oven-proof skillet over medium-high heat until it begins to smoke. Sear steaks until golden brown on both sides, about 3 minutes per side.
- 4 Transfer steaks to preheated oven, and cook for about 10 minutes, or to desired doneness. When the steaks are done, set aside to rest in a warm place while finishing the sauce.
- 5 Meanwhile, melt 3 tablespoons of butter in a saucepan over medium heat. Stir in the garlic and ginger, cook gently until fragrant and translucent, about 1 1/2 to 2 minutes.
- 6 Add the shiitake mushrooms and 1/2 teaspoon salt, and cook until softened, 3 to 4 minutes.
- 7 Pour in sake and mirin; reduce by half.
- 8 Stir in remaining 1/2 cup of butter. Once melted, reduce heat to medium-low and continue to cook until the butter turns a dark golden brown, 6 to 8 minutes. Season to taste with salt and pepper, stir in chives.
- 9 Serve sauce over steaks.

Nutrition per serving

309	1 g	30 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			15.6 g · 97% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			2.8 g · 3% of daily needs
Sodium			556 mg · 24% of daily needs
Cholesterol			61 mg · 20% of daily needs
Vitamin C			1.2 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/beef-tenderloin-with-ginger-shiitake-brown-butter-144571](https://www.whatsheate.com/beef-tenderloin-with-ginger-shiitake-brown-butter-144571)