

STARTER & SNACK

Filet of Beef Steaks with Horseradish Sauce

28 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
33 min	15 min	18 min	6	\$0.61	124 kcal



Indulge in the exquisite flavors of Filet of Beef Steaks with Horseradish Sauce, a dish that effortlessly elevates any dining occasion. Whether you're hosting a sophisticated dinner party or simply treating yourself to a luxurious meal, this recipe promises to impress. The tenderloin steaks, known f...

Ingredients

☐ 12 inch beef tenderloin steaks	☐ 3 tablespoons butter, divided
☐ 2 tablespoons chopped chives, 8 blades	☐ 2 tablespoons all-purpose flour
☐ 3 tablespoon fuls prepared horseradish, 1/4 cup	☐ ½ cup Madeira or other dry sherry, optional
☐ 1½ cups milk	☐ 6 servings Salt and pepper

EQUIPMENT Frying pan, Sauce pan, Oven, Whisk, Aluminum foil, Stove

Method

- 1 Watch how to make this recipe.
- 2 Preheat oven to 375 degrees F.
- 3 Season meat with salt and pepper.
- 4 Heat a large nonstick skillet with oven safe handle over high heat. If you have a rubber handled pan, wrap the handle twice with tin foil for baking.
- 5 Sear meat in the very hot nonstick skillet to caramelize the beef, 3 minutes on each side.
- 6 Transfer to oven and cook 8 to 15 minutes longer for medium rare to well done meat.
- 7 In a medium saucepan over medium heat melt 2 tablespoons butter.
- 8 Combine melted butter with flour and cook a minute longer.
- 9 Whisk in milk. Thicken milk to gravy consistency, then stir in horseradish, chives and salt and pepper.
- 10 Transfer sauce to a serving dish.
- 11 Remove meat from oven and transfer to a platter. Return pan to stovetop over moderate heat and deglaze pan with 1/2 cup Madeira or dry sherry.
- 12 Add remaining tablespoon butter to the pan and pour the drippings over steaks.

Nutrition per serving

124	4 g	8 g	6 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.9 g · 30% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			3.8 g · 4% of daily needs
Sodium			297 mg · 13% of daily needs
Cholesterol			25.6 mg · 9% of daily needs
Vitamin C			2.5 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/filet-of-beef-steaks-with-horseradish-sauce-145988