

FILET MIGNON COOKING CHART

Select a cooking method that works for you and follow the recommended cooking times for the best results. For perfect doneness, we recommend you use a meat thermometer and the Measuring Doneness Chart, below.

For steaks that are thicker than 1½ inches visit our [How to Cook Extra-Thick Cut Filet Mignon](#) page for proper steak cooking times and temperatures.

Filet Mignon On the Grill

	Gas Grill	Charcoal Grill
Rare		
1-inch	5–7 mins	5–7 mins
1½ inches	8–10 mins	8–10 mins
Medium-Rare		
1-inch	7–8 mins	7–8 mins
1½ inches	9–11 mins	9–11 mins
Medium		
1-inch	8–9 mins	8–9 mins
1½ inches	10–12 mins	10–12 mins
Medium-Well		
1-inch	9–10 mins	9–10 mins
1½ inches	11–13 mins	11–13 mins

Filet Mignon On the Stove or Oven

	Skillet	Broil
Rare		
1-inch	5–7 mins	7–10 mins
1½ inches	8–10 mins	12–14 mins
Medium-Rare		
1-inch	7–8 mins	9–12 mins
1½ inches	9–11 mins	14–16 mins
Medium		
1-inch	8–9 mins	10–13 mins
1½ inches	10–12 mins	14–17 mins
Medium-Well		
1-inch	9–10 mins	11–14 mins
1½ inches	11–13 mins	15–18 mins

Filet Mignon in an Air Fryer

	Temperature	Air Fry
Rare		
1-inch	400°F	6–8 mins
1½ inches	400°F	10 mins
Medium-Rare		
1-inch	400°F	8–10 mins
1½ inches	400°F	12 mins
Medium		
1-inch	400°F	12 mins
1½ inches	400°F	14 mins
Medium-Well		
1-inch	400°F	14 mins
1½ inches	400°F	16 mins