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How to Cook Top Sirloin Filet

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How To Cook a Top Sirloin Filet

When cooked the right way, Omaha Steaks bold and beefy Top Sirloin Filets deliver a surprisingly decadent tenderness that's earned the coveted distinction of USDA Certified Tender! The best thing about the Top Sirloin Filet is there's no single right way to cook it! So, whether it's the perfect night for outdoor grilling, you need the speed and convenience of an air fryer-friendly meal, or you want to show off your kitchen skills, these Top Sirloin Filet cooking tips have you covered!

What Is a Top Sirloin Filet?

Top Sirloin Filets are versatile steaks that are sourced from a cow's sirloin sub-primal section, which delivers bold, beefy flavor at wallet-friendly prices! This lean steak is big on protein and low on fat, making it ideal for everyday cooking, meal prepping, and more. Learn all about Omaha Steaks Top Sirloin Filet in this helpful blog! <blog link>

Selecting the Best Top Sirloin Filet

Because naturally lean top sirloin can be easy to overcook and dry out, it's important that you start with the very best one on the market: Omaha Steaks Top Sirloin Filets. They're hand-selected, aged at least 35 days for maximum tenderness, hand-carved thick and tall and double-trimmed for a steakhouse-style presentation, and flash-frozen at peak perfection before being individually vacuum-sealed until you're ready to enjoy!

Before You Start Cooking Top Sirloin Filet

Prep Your Top Sirloin Filet

No matter which cooking method you choose, they all require you to properly prep and season your Top Sirloin Filet for maximum results! Completely **thaw your steak** either overnight in the refrigerator or via our quick-thaw method by placing the still sealed steak in a bowl of cold water for 30 minutes. Before cooking, pat your steaks dry with a paper towel to remove moisture and enhance a crust formation, lightly oil, and season liberally on all sides with coarse sea salt and fresh cracked black pepper or your favorite **Omaha Steaks Seasoning**. After seasoning, allow the steak to come to room temperature before cooking, which should take about 20 minutes.

Determine Your Desired Steak Temperature Doneness

The best way to achieve juicy perfection and avoid drying out your Top Sirloin Filet is to cook it to medium-rare doneness. If you desire a different level of doneness, follow our **steak cooking chart**, which was created and tested by our team of expert chefs. Our **comprehensive steak doneness guide** will help you understand the way the texture, flavor, and juiciness of your steak are affected by its doneness level.

For an even easier and more simplified cooking process, check out our Omaha Steaks mobile app with a built-in **steak and cooking timer**. The helpful interactive timer guides you through each cooking method, highlighting all you need to know to create mouthwatering results at home. Cook times are estimates, and it's best to check internal temperature with a high-quality meat thermometer and remove from heat at 5 degrees Fahrenheit below desired doneness to account for carryover cooking while it rests.

Why is Medium-Rare the Ideal Doneness for Top Sirloin Filets?

The reason you have to be careful not to overcook this lean steak is because it contains less marbling (aka fat) than other steaks. That means it dries out more easily, which can make it tough to chew and less flavorful – which is not the Omaha Steaks experience we want you to have! Our chefs recommend cooking Top Sirloin Filets to a medium-rare doneness of 130 degrees Fahrenheit to retain maximum tenderness and flavor, and to avoid cooking to an internal temperature higher than 140 degrees Fahrenheit (or medium doneness).

Six Best Ways to Cook Top Sirloin Filets

- Grill
- Sous Vide
- Reverse-Sear
- Sear Roast
- Pan-Sear
- Air Fry

How to Grill Top Sirloin Filets

A fast cooking method with high, dry heat (like grilling) is the best cooking method for Top Sirloin Filets – you'll get that flavorful, fantastic sear.

STEP 1: Pat dry, lightly oil, and season your Omaha Steaks Top Sirloin Filet with coarse sea salt and black pepper or **Omaha Steaks Seasoning**. Allow it to come to room temperature over about 20 minutes.

STEP 2: Preheat your gas or charcoal grill to medium-high heat. Oil grill grates immediately before grilling. We recommend using tongs with a paper towel soaked in oil and rubbing the grill grates to ensure your steak doesn't stick.

STEP 3: The length of time you grill a Top Sirloin Filet depends on the thickness of the steak. Our [easy to use cooking chart](#) provides grilling time based on steak thickness – no more guessing when to flip! Alternatively, you can use the [Omaha Steaks app's](#) convenient built-in cooking timer. To use our cooking app, simply enter the steak cut and size, desired doneness, and start the timer. You will be alerted when it's time to flip and when your steak is done. Use a meat thermometer to check internal temperature and remove your steak from the grill when it reaches 5 degrees Fahrenheit below your desired final doneness.

STEP 4: Rest the Top Sirloin Filet for 5-10 minutes so the juices can redistribute, add optional compound butter, and enjoy!

How to Sous Vide Top Sirloin Filets

Sous vide is a foolproof cooking method that is used in many high-end restaurants to ensure every steak served is juicy, tender, and perfectly cooked. A sous vide cooks your meat to exactly the ideal temperature, but without a crisp crust. Because of this, properly searing your sous vide Top Sirloin Filet is necessary.

STEP 1: Fill a large pot with warm water and attach the immersion cooker. Set the water temperature to 5-10 degrees Fahrenheit below your desired doneness.

STEP 2: Season the Top Sirloin Filet and, if desired, add butter, garlic cloves, and fresh herbs before vacuum-sealing steak or placing in a heavy-duty, food-safe plastic bag. Alternately, place your frozen or thawed steaks directly in the pot while still in the original vacuum-sealed Omaha Steaks packaging – which is SAFE for sous vide – and season right before searing.

STEP 3: Sous vide for one hour for up to two steaks and two hours for more than two steaks.

STEP 4: Remove the Top Sirloin Filet from the bag and pat dry with a paper towel to remove excess moisture.

STEP 5: Heat a skillet on medium-high heat and add a high smoke point oil, like grapeseed, ghee, or canola.

STEP 6: When the pan is HOT, add the Top Sirloin Filet and sear for about 2 minutes per side, flipping every 30 seconds, until a nice crust forms. Add your butter, garlic cloves, and fresh herbs near the end of searing and baste by tilting your pan to the side and spooning the melted butter over the Top Sirloin Filet.

STEP 7: Remove from heat and let rest under tented foil for 5-10 minutes.

How to Reverse-Sear Top Sirloin Filets

Reverse-sear is an ideal cooking method for thicker steaks and can be done indoors or outside on the grill. Start by bringing your steak up to temperature low and slow in the oven or by using indirect heat on your grill. Finish by searing in a hot skillet over direct heat on the grill for a perfect crust. Keep in mind, you will need to utilize a meat thermometer to determine the internal temperature of the steak for ideal doneness. Reverse sear allows for more control during the cooking method, so you're less likely to overcook your steak when you follow these simple steps.

STEP 1: Thaw your Top Sirloin Filet, pat dry, lightly oil, and season. Once seasoned, allow your steaks to come to room temperature over about 20 minutes. This allows the meat to cook more evenly from edge to center.

STEP 2: Cook your Top Sirloin Filet low and slow in the oven or on the grill until it's 10 degrees Fahrenheit below your desired doneness.

In the Oven:

Preheat your oven to 250 degrees Fahrenheit. Place your seasoned, room-temperature Top Sirloin Filet on an elevated baking rack to allow airflow around the steak. Cook for 20-25 minutes in the oven, then check the temperature every 5-7 minutes using a meat thermometer until the internal temperature reaches 10 degrees Fahrenheit below your desired doneness. If you're aiming for a perfect medium-rare doneness of 130 degrees Fahrenheit, remove the steaks at 120 degrees Fahrenheit.

On the grill:

Low and slow cooking on the grill requires the use of indirect heat and two cooking zones. On a gas grill, turn on only half of your burners, so that one side of the grill has fire and the other does not. If you have a middle burner, only light one side, not the middle. On a charcoal grill, move all your coals to one side of the grill and leave the other side empty.

Once your grill reaches 225-250 degrees Fahrenheit, place your steak over indirect heat as far from the lit side of the grill as possible and close the lid. Although it can be difficult, try to keep your grill temperature between 225 degrees Fahrenheit and 250 degrees Fahrenheit. Your Top Sirloin Filet will cook slowly via indirect heat while avoiding searing the edges. Flip the steak frequently, checking for hot spots. When your steak is 10 degrees Fahrenheit below desired temperature, get ready to sear with direct heat.

STEP 3: Sear on the stove or grill for a great crust.

On the stove:

When your Top Sirloin Filet is 10 degrees Fahrenheit below your desired doneness, remove the steak from the oven and set aside. Heat a cast-iron or stainless-steel pan to medium-high heat on the stovetop. Just before you begin searing your steak, add a small amount of oil that has a high smoke point temperature, like grapeseed oil, ghee, or duck fat. Sear the Top Sirloin Filet for about 2 minutes per side, flipping every 30 seconds to achieve that beautiful crispy brown crust on both sides.

Top Sirloin Filet has less marbling than other steak cuts, so a simple compound butter will enhance the beefy flavors of the meat. Add your butter and any fresh herbs near the end of searing, and baste by tilting your pan to the side and spooning the melted butter over the Top Sirloin Filet.

On the grill:

Sear your Top Sirloin Filet on a grill by using direct heat. When your steak is 10 degrees Fahrenheit below your desired temperature, place your steak over the hottest part of the grill to sear. Flip constantly, about every 30 seconds, until it's cooked to your desired doneness with a beautiful crust. Don't be afraid to also sear the sides of a thicker Top Sirloin Filet for edge-to-edge perfection.

STEP 4: Rest your Top Sirloin Filet 5-10 minutes to allow the juices to redistribute. Enjoy!

How to Sear Roast Top Sirloin Filets

Cooking a thick steak, like a Top Sirloin Filet, can be intimidating as well as tricky, because it's very easy to burn the outside before the inside reaches the desired doneness. The beauty of sear-roasting a Top Sirloin Filet is you can get a nice even sear on the outside and a juicy, perfectly cooked steak on the inside.

STEP 1: Thaw Top Sirloin Filet, pat dry, lightly oil, and season with coarse sea salt and black pepper or [Omaha Steaks Seasoning](#). Once seasoned, allow your steaks to come to room temperature before cooking. This allows the meat to cook more evenly from edge to center.

STEP 2: Preheat oven to 300 degrees Fahrenheit.

STEP 3: Heat a small amount of oil in a large oven-proof pan over high heat on your stovetop. You want your skillet HOT! to create a beautiful crust on your steak. Use an oven-safe skillet – nothing fancy is needed to achieve a perfect pan-seared Top Sirloin Filet. An all-purpose stainless-steel pan with a metal handle or a well-seasoned cast-iron pan are great options. However, any skillet with an oven-safe designation will suffice.

STEP 3: Now that your Top Sirloin Filet is seasoned and your pan is preheated, it's time to get cooking! Add about 1-3 tablespoons of oil or fat to the preheated skillet. Grapeseed oil, canola oil, ghee, duck, or pork fat are good choices, as they all have a high smoke point. Let the oil get hot – you should see shimmering in the oil, or even a few wisps of smoke. Carefully place the steak in pan and sear just one side for 2-3 minutes or until well browned. You do not need to sear the other side. Simply, flip the steak, add butter, a few crushed cloves of garlic and a sprig of fresh thyme or rosemary, then place the pan in a preheated oven.

STEP 4: Place the oven-safe skillet on the center rack of your preheated 300 degrees Fahrenheit oven. Use our [steak sear roasting cooking chart](#) and [steak temperature guide](#) to help with this last cooking step. Cook the steak in the oven until your steak reaches your desired doneness as measured with a meat thermometer. For the best steak experience, our chefs recommend medium-rare doneness with a warm red center and an internal temperature of 130 degrees Fahrenheit.

STEP 5: Remove the steaks from the pan and let them rest under tented foil for 5 to 10 minutes before slicing.

How to Pan-Sear Top Sirloin Filet

Pan-searing is a quick and easy way to cook your Top Sirloin Filet indoors that gives your steak a tender middle surrounded by a great seared crust. This high-heat cooking technique delivers mouthwatering steak and restaurant-quality results at home. When pan-searing, it's important to carefully monitor doneness to avoid overcooking. The steak will cook faster than reverse-sear or sear roast methods, which slowly bring your Top Sirloin Filet to the desired temperature. Use a cast-iron skillet and butter baste with garlic and fresh herbs for a wide range of cooking versatility and incredible flavor.

STEP 1: Pat steaks dry with a paper towel, lightly oil, and season with coarse sea salt and fresh ground black pepper or [Omaha Steaks Seasoning](#). Allow the Top Sirloin Filet to come to room temperature over about 20 minutes for even cooking.

STEP 2: Preheat an oven-safe skillet on medium-high/high heat for at least 5 minutes. If you are using a cast-iron skillet, you will need to preheat the pan for at least 10 minutes. You want your skillet HOT! This will create a beautiful crust on your steak.

STEP 3: Add high-smoke-point oil or fat to the preheated skillet. Grapeseed oil, canola oil, ghee, duck, or pork fat are good choices. Let the oil or fat get hot – you should see shimmering in the oil, or even a few wisps of smoke. Now, place the Top Sirloin Filet in the searing-hot pan.

STEP 4: Cook both sides of the steak evenly – it's okay to flip more than once. We recommend using the [Omaha Steaks app](#) with cooking timer or this [pan-searing steak cooking chart](#) for effortless results.

STEP 5: Basting your steak will add moisture to the surface and infuse the flavors from the aromatics and butter into your Top Sirloin Filet. To baste, add butter, crushed garlic cloves, and fresh thyme or rosemary to the pan and allow to melt. Then, carefully tilt the skillet toward you and, with a large spoon, continually baste the steak with the butter in the pan. Continue basting until butter smells nutty and is beginning to brown, which takes about 1 minute.

STEP 6: Remove steaks from the pan and allow to rest 5-10 minutes. Add a compound butter or drizzle the melted butter from basting and enjoy!

How to Air Fry Top Sirloin Filets

Cooking Top Sirloin Filets in the air fryer is an incredibly simple and easy way to have mouthwatering steak in a flash. Air frying is the perfect combination of the delicious crust accomplished through pan-searing and the ease of cooking steak in the oven.

STEP 1: Pat steaks dry with a paper towel, lightly oil, and season with coarse sea salt and fresh ground black pepper or [Omaha Steaks Seasoning](#). Allow to come to room temperature over about 20 minutes before air frying.

STEP 2: Preheat air fryer to 400 degrees Fahrenheit.

STEP 3: Once preheated, place seasoned Top Sirloin Filet in air fryer basket, leaving 1 inch between portions. The air needs to circulate in the air fryer for a nice, crispy crust on all sides.

STEP 4: Most steak cuts cook to medium-rare doneness in 10-14 minutes. Check out our [air fryer steak cooking chart](#) and monitor internal temperature with a meat thermometer to achieve your desired doneness.

STEP 5: Remove your Top Sirloin Filet from the air fryer and let rest 5-10 minutes before serving to redistribute juices.

Always Rest Your Top Sirloin Filets

It's tempting to slice into your steak right away, but it's worth the wait. Let your cooked steak rest 5-10 minutes after removing from the heat to allow the juices to redistribute for an incredibly tender and juicy Top Sirloin Filet.

After your Top Sirloin Filet is rested, don't forget these important finishing touches to help maximize the taste and add decadent richness to the steak.

Top Sirloin Filet Finishing Touches: Compound Butter or Finishing Sauce

While your Top Sirloin Filets will deliver juicy, flavorful perfection using simple coarse sea salt and fresh ground black pepper for seasoning, you can enhance their flavor and maximize their juiciness with homemade compound steak butter or steakhouse toppers and finishing sauces.

- [6 Amazing Compound Butter Recipes for Steak](#)
- [4 Amazing Compound Butter Recipes](#)
- [Omaha Steaks Sauces and Toppers](#)

Serve a Steakhouse-Style Top Sirloin Filet Dinner

Serve your perfectly cooked Top Sirloin Filet with a [vegetable or potato side dish](#), [delicious dessert](#), and [red wine](#).



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