



## Steak au Poivre



### SHOPPING LIST

- 4 – 6 to 8 oz. tenderloin steaks about 1 1/2 inch thick
- 1 tbsp unsalted butter room temperature
- 1 tsp extra virgin olive oil
- 2 tbsp whole peppercorns
- 1 cup heavy cream
- 1/3 cup Cognac
- 1 teaspoon Kosher salt

### INSTRUCTIONS

- Place the steaks on a platter and let them come to room temperature, 30 minutes to an hour.
- Sprinkle each side with a pinch or two of kosher salt.
- Crush the peppercorns coarsely and spread onto plate.
- Press the steaks, each side, into the peppercorns until the surface is coated and then set aside.
- In a medium skillet melt the butter and olive oil.
- When you see the first hint of smoke and the butter and oil begin to turn brown, gently place the steaks in the pan.
- Cook 4 minutes on each side for medium rare.
- Remove the steaks from the skillet to a plate and tent with foil.
- Pour off the excess fat only leave all the flavor goodies in the pan.
- While the skillet is off of the heat, add 1/3 cup Cognac to the pan and, using a lighter, carefully ignite the alcohol.
- Place the skillet back on the stove, medium heat, and gently shake until the flames die.
- Now add the heavy cream.
- Bring the mixture to a gentle boil and whisk continuously until the sauce coats the back of a spoon.
- Now, add the teaspoon of Cognac and season to taste with salt.
- Add the steaks back to the skillet and spoon the sauce over them and serve.