

Steak Au Poivre

(France)

Submitted by: Catherine West



Steak Au Poivre is a French dish. It gained popularity in the 60's when pepper meals became in fashion. It was also the time period when French recipes were being introduced into American homes. This dish is primarily served in French restaurants, but can be easily made at home. Today, it is a dish that has become a staple on almost every French restaurant's menu.

Ingredients:

Steak
Fresh cracked peppercorn and salt
Finely chopped shallot
4 ounces beef stock
3 tablespoons butter
1½ ounces brandy
4 ounces heavy cream

Instructions:

Trim and cut steak into filets. Season with fresh cracked peppercorns and salt.

Sear steak over high heat until just below desired temperature. Remove steaks and let rest.

Add butter and shallot to pan. Saute until soft.

Deglaze pan with brandy (be careful of flambe). Once fire is gone, add beef stock and heavy cream.

Reduce sauce to desired thickness. Add steaks back to sauce and serve.