

A FRENCH
CLASSIC
MADE EASY

STEAK AU POIVRE

SERVES 4

INGREDIENTS

4 8-ounce beef tenderloins,
1½ inches thick

Salt

2 tablespoons black
peppercorns, coarsely
crushed

2 tablespoons
canola oil

1 tablespoon cold
butter

½ cup cognac,
plus 1 tablespoon

½ cup cream

1 Let the steaks sit
at room temperature
for 30 minutes. Season
with salt and some
crushed peppercorns.

2 In a large pan,
heat the oil until
it's almost smoking.
Add the steaks. Sear for
3 to 4 minutes over medium-

high heat, until brown.
Flip; cook for another
3 to 4 minutes for medium
rare. Remove the steaks
from the pan; cover with
aluminum foil to keep
them warm.

3 Drain the excess
grease from the
pan. Add the butter;
toast the remaining
peppercorn over medium
heat for 1 minute.

4 Add ½ cup cognac;
reduce by ⅔ over
high heat. Add the cream
and reduce by ⅔ or until
the cream coats the
back of a spoon.

5 Add the remaining
cognac. Season to
taste, spoon the sauce
over the steaks, and serve
immediately.

Nutrients per serving:

370 calories, 20g protein,
0g carbohydrates, 0g fiber,
29g fat, 94mg cholesterol,
359mg sodium