



WHATSheATE



Beef Tenderloin Steaks with Mustard-Cognac Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 42 ounce beef tenderloin steaks thick (each)
- ☐ 3 tablespoons canola oil
- ☐ 6 servings coarse kosher salt
- ☐ 0.5 cup cognac
- ☐ 2 tablespoons dijon mustard
- ☐ 4 garlic cloves peeled smashed
- ☐ 3 cups low-salt chicken broth

- ☐ 6 servings cracked pepper black
- ☐ 2 tablespoons tawny port
- ☐ 2 rosemary sprigs fresh
- ☐ 1 cup shallots finely chopped
- ☐ 2 thyme sprigs fresh
- ☐ 6 tablespoons butter unsalted chilled divided ()

Equipment

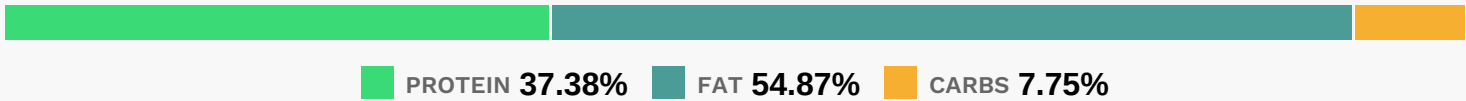
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 250°F.
- ☐ Sprinkle steaks on all sides with salt and pepper.
- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Add steaks and sear until brown, about 2 minutes per side. Reduce heat to medium-low.
- ☐ Add 3 tablespoons butter, garlic, thyme, and rosemary to skillet. Cook steaks to desired doneness, turning occasionally and basting with pan juices, about 12 minutes for medium-rare.
- ☐ Transfer steaks to small rimmed baking sheet and keep warm in oven.
- ☐ Pour contents of skillet into small bowl. Return 3 tablespoons drippings from bowl to same skillet and place over high heat.
- ☐ Add shallots and sauté 2 minutes.
- ☐ Add Cognac and Port and stir 1 minute, scraping up any browned bits.
- ☐ Add broth and boil until sauce is reduced to 1 cup, about 12 minutes.
- ☐ Whisk in Dijon mustard, then remaining 3 tablespoons cold butter, 1 tablespoon at a time. Season sauce to taste with salt and pepper. Set aside.

Arrange steaks on plates; whisk any accumulated juices from baking sheet into sauce. Spoon sauce over steaks and serve.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.84, Inflammation Score:-7, Nutrition Score:24.618260710136%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 564.49kcal (28.22%), Fat: 31.08g (47.81%), Saturated Fat: 12.3g (76.87%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 8.24g (3%), Sugar: 3.75g (4.16%), Cholesterol: 157.11mg (52.37%), Sodium: 400.73mg (17.42%), Alcohol: 7.45g (100%), Alcohol %: 2.3% (100%), Protein: 47.63g (95.26%), Selenium: 63.15µg (90.22%), Vitamin B3: 14.48mg (72.42%), Vitamin B6: 1.41mg (70.68%), Zinc: 8.24mg (54.96%), Phosphorus: 487.61mg (48.76%), Vitamin B12: 1.99µg (33.12%), Potassium: 965.19mg (27.58%), Iron: 4.12mg (22.91%), Vitamin B2: 0.29mg (17.16%), Magnesium: 59.75mg (14.94%), Vitamin E: 2.2mg (14.67%), Vitamin B5: 1.45mg (14.5%), Copper: 0.27mg (13.42%), Vitamin B1: 0.19mg (12.48%), Manganese: 0.22mg (11.18%), Folate: 40.57µg (10.14%), Vitamin K: 8.94µg (8.51%), Calcium: 76.47mg (7.65%), Vitamin A: 381.3IU (7.63%), Fiber: 1.64g (6.55%), Vitamin C: 4.4mg (5.34%), Vitamin D: 0.21µg (1.4%)