



Filet of Beef au Poivre

READY IN



36 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth canned
- ☐ 0.5 cup cognac good
- ☐ 6 filet mignon steaks thick
- ☐ 2 tablespoons coarsely ground pepper black
- ☐ 6 servings kosher salt
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 cup shallots chopped 3 to 4 shallots
- ☐ 3.5 tablespoons butter unsalted divided

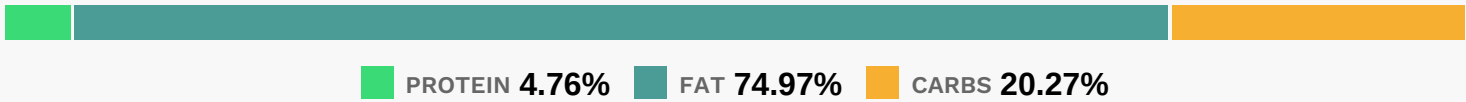
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil

Directions

- ☐ Place the filets on a board and pat them dry with paper towels.
- ☐ Sprinkle the filets with salt and then press the black pepper evenly on both sides. Allow to rest at room temperature for 15 minutes.
- ☐ Heat 1 1/2 tablespoons of the butter and the oil in a large saute pan over medium-high heat until the butter almost smokes.
- ☐ Place the steaks in the pan and lower the heat to medium.
- ☐ Saute the steaks for 4 minutes on 1 side and then for 3 minutes on the other side, for medium rare.
- ☐ Remove the steaks to a serving platter and cover tightly with aluminum foil.
- ☐ Meanwhile, pour all but 1 tablespoon of fat from the saute pan.
- ☐ Add the shallots and cook over medium heat for 2 minutes.
- ☐ Add the beef broth and cook over high heat for 4 to 6 minutes, until reduced by half, scraping the brown bits from the bottom of the pan.
- ☐ Add the Cognac and cook for 2 more minutes. Off the heat, swirl in the remaining 2 tablespoons of butter and 1/2 teaspoon salt.
- ☐ Serve the steaks hot with the sauce poured on top.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:3.4013043434724%

Nutrients (% of daily need)

Calories: 164.81kcal (8.24%), Fat: 10.31g (15.86%), Saturated Fat: 4.75g (29.72%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.35g (2.61%), Cholesterol: 17.56mg (5.85%), Sodium: 347.71mg (15.12%), Alcohol: 6.68g (100%), Alcohol %: 3.09% (100%), Protein: 1.47g (2.95%), Manganese: 0.35mg (17.49%), Vitamin K: 6.19µg (5.89%), Fiber: 1.45g (5.81%), Vitamin B6: 0.11mg (5.61%), Vitamin E: 0.73mg (4.84%), Vitamin A: 216.21IU (4.32%), Potassium: 149.39mg (4.27%), Iron: 0.65mg (3.6%), Copper: 0.06mg (2.91%), Phosphorus: 28.86mg (2.89%), Vitamin C: 2.37mg (2.87%), Folate: 11.44µg (2.86%), Magnesium: 10.6mg (2.65%), Calcium: 24.32mg (2.43%), Vitamin B3: 0.4mg (2%), Vitamin B1: 0.02mg (1.49%), Vitamin B5: 0.13mg (1.31%), Vitamin B2: 0.02mg (1.26%), Selenium: 0.81µg (1.16%), Zinc: 0.16mg (1.05%)