



Fillet of beef with mixed peppercorn sauce

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



473 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 25 g ghee (see Know-how, below)
- ☐ 2 fillet fat-trimmed beef flank steak for 3-5 weeks at room temperature (ideally beef matured)
- ☐ 1 knob butter
- ☐ 2 large shallots finely chopped
- ☐ 6 medium mushrooms sliced
- ☐ 2 tsp peppercorns green crushed
- ☐ 3 tbsp brandy

- ☐ 100 ml red wine
- ☐ 200 ml beef stock
- ☐ 3 tbsp double cream

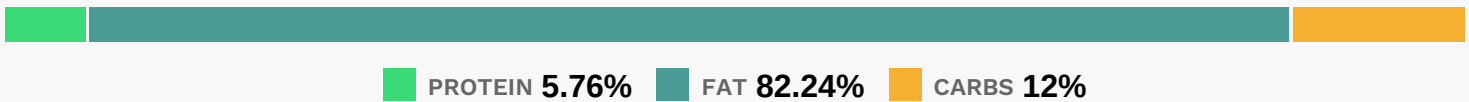
Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat a frying pan over a medium-to-high heat, then pour in the oil and the clarified butter. Season the steaks with salt and plenty of freshly ground black pepper and cook to your liking (2 mins each side for medium-rare, 3 mins each side for medium, depending on the thickness of your steaks). Be sure to seal the rounded edges, too.
- ☐ Transfer to a plate.
- ☐ Add the knob of butter to the pan, then fry the shallots, mushrooms and peppercorns over a medium heat for 5 mins, until the shallots have softened and the mushrooms browned. Return the steaks to the pan.
- ☐ Heat the brandy in a metal ladle, light with a match then carefully pour into the hot pan, standing as far back as you can. Once the pan has stopped flaming, remove the steaks again.
- ☐ Pour the wine into the pan, turn up the heat and boil rapidly until reduced by half. This will take about 5 mins.
- ☐ Add the stock and reduce again, this time by two-thirds. Stir the cream in to the sauce and allow it to thicken slightly. Check the sauce for seasoning, then return the fillets to the pan to warm through, spooning the sauce over.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:11.056087068889%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 472.68kcal (23.63%), Fat: 36.46g (56.09%), Saturated Fat: 19.54g (122.11%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.51g (3.46%), Sugar: 4.59g (5.1%), Cholesterol: 80.61mg (26.87%), Sodium: 284.05mg (12.35%), Alcohol: 12.89g (100%), Alcohol %: 5.25% (100%), Protein: 5.75g (11.5%), Manganese: 0.73mg (36.54%), Vitamin B2: 0.39mg (22.78%), Vitamin K: 21.68µg (20.65%), Potassium: 592.8mg (16.94%), Copper: 0.32mg (15.83%), Vitamin B3: 3.12mg (15.59%), Phosphorus: 129.41mg (12.94%), Vitamin B6: 0.25mg (12.62%), Vitamin A: 619.38IU (12.39%), Selenium: 7.88µg (11.26%), Vitamin B5: 1.03mg (10.27%), Fiber: 2.45g (9.81%), Iron: 1.56mg (8.65%), Magnesium: 32.82mg (8.2%), Vitamin E: 1.08mg (7.19%), Vitamin B1: 0.11mg (7.12%), Calcium: 59.98mg (6%), Folate: 22.21µg (5.55%), Zinc: 0.8mg (5.34%), Vitamin C: 3.27mg (3.96%), Vitamin D: 0.47µg (3.13%), Vitamin B12: 0.09µg (1.53%)