



Green Peppercorn-Brandy Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups beef demiglace
- ☐ 0.5 cup brandy
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons peppercorns green in brine drained
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon sherry vinegar

Equipment

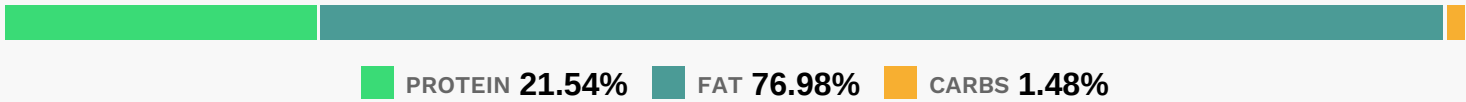
- ☐ frying pan

- ☐ whisk
- ☐ gravy boat

Directions

- ☐ In a 1 1/2- to 2-quart pan over medium heat, melt 1 tablespoon butter; add 2 tablespoons minced shallots and stir often until limp but not brown, 2 to 3 minutes.
- ☐ Add 1/2 cup brandy and 1 tablespoon sherry vinegar; increase heat to medium-high and boil, stirring often, until liquid is almost evaporated, 5 to 6 minutes.
- ☐ Add 2 cups veal or beef demiglace (see notes); reduce heat and simmer, stirring occasionally and skimming off any residue that comes to the surface, for 10 minutes. Stir in 2 tablespoons drained green peppercorns in brine and salt to taste. Just before serving, over low heat, whisk in 2 more tablespoons butter; pour into a gravy boat.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:4.9913042991058%

Nutrients (% of daily need)

Calories: 218.52kcal (10.93%), Fat: 15.51g (23.86%), Saturated Fat: 7.01g (43.84%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.2g (0.22%), Cholesterol: 51.22mg (17.08%), Sodium: 148.24mg (6.45%), Alcohol: 5.01g (100%), Alcohol %: 7.57% (100%), Protein: 9.77g (19.53%), Vitamin B12: 1.21µg (20.21%), Zinc: 2.37mg (15.82%), Selenium: 8.52µg (12.17%), Vitamin B3: 2.39mg (11.93%), Vitamin B6: 0.19mg (9.53%), Phosphorus: 92.39mg (9.24%), Iron: 1.14mg (6.32%), Vitamin B2: 0.09mg (5.07%), Potassium: 162.52mg (4.64%), Vitamin B5: 0.3mg (2.95%), Vitamin A: 131.3IU (2.63%), Magnesium: 10.27mg (2.57%), Vitamin E: 0.35mg (2.36%), Copper: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.79%), Vitamin K: 1.4µg (1.33%), Calcium: 12.42mg (1.24%), Folate: 4.95µg (1.24%)