



WHATSheATE



Green Peppercorn Filet of Beef with Pear Vinegar Pan Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 1 tablespoon butter softened
- ☐ 1 tablespoon canola oil as needed
- ☐ 1 cup chicken stock see
- ☐ 3 tablespoon peppercorns green in brine drained
- ☐ 0.3 cup pear vinegar fruity
- ☐ 1 tablespoon pink peppercorns whole crushed

- ☐ 4 servings salt as needed
- ☐ 1 teaspoon allspice whole crushed

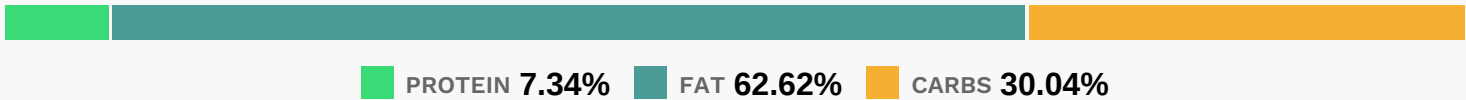
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F. In a small bowl combine all the peppercorns, butter and brown sugar, stirring to form a paste. Set aside.
- ☐ Add the oil to an oven proof or cast iron skillet. Set over medium high heat until the oil shimmers. Pat the steaks dry with a paper towel. Generously salt the filets on both sides. Then smear ¼ of the paste onto each filet.
- ☐ Add the meat to the hot skillet, peppercorn side down. It will pop and sizzle. Sear until well-browned, about 3 minutes. Flip the meat and move it to the oven to finish cooking to your desired doneness, or to an interior temperature of 125 degrees F for medium-rare. Do not crowd the filets use multiple skillets if necessary. When finished cooking move the filets to a plate to rest. Set the skillet over medium heat. Deglaze the pan with the pear vinegar.
- ☐ Add the chicken stock and reduce by half until slightly thickened. Strain the sauce into a small bowl. Discard solids.
- ☐ Serve the steaks, peppercorn side up on a plate with a drizzle of the pear vinegar pan sauce.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:3.1956521470262%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.29kcal (5.01%), Fat: 7.26g (11.17%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.63g (2.41%), Sugar: 2.92g (3.24%), Cholesterol: 9.32mg (3.11%), Sodium: 532.52mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Manganese: 0.36mg (18.05%), Vitamin K: 7.4µg (7.04%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.75mg (5%), Fiber: 1.21g (4.84%), Copper: 0.08mg (4.07%), Vitamin B2: 0.06mg (3.53%), Potassium: 122.97mg (3.51%), Iron: 0.48mg (2.69%), Vitamin B6: 0.05mg (2.49%), Calcium: 23.72mg (2.37%), Phosphorus: 23.63mg (2.36%), Magnesium: 9.21mg (2.3%), Vitamin A: 112.11IU (2.24%), Selenium: 1.53µg (2.19%), Vitamin B1: 0.03mg (1.76%), Vitamin C: 1.04mg (1.26%), Folate: 4.69µg (1.17%)