



Peppercorn Steaks with Bourbon Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce beef tenderloin steaks
- ☐ 0.7 cup bourbon
- ☐ 0.7 cup beef broth canned
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 teaspoons four-peppercorn spice mix whole black
- ☐ 6 tablespoons butter unsalted chilled cut into pieces ()
- ☐ 1 tablespoon vegetable oil

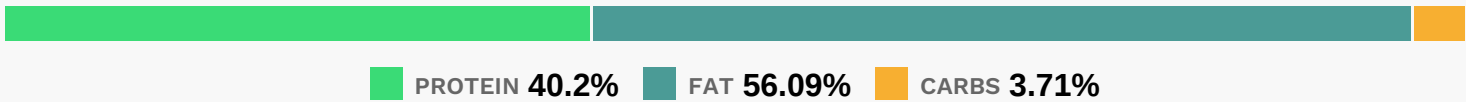
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Coarsely crush peppercorns in mortar with pestle. Season steaks with salt.
- ☐ Sprinkle peppercorns over both sides of steaks, pressing to adhere.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add steaks and cook to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Meanwhile, heat bourbon in heavy small saucepan over medium heat until warm.
- ☐ Remove from heat; carefully ignite with match.
- ☐ Let burn 30 seconds, then cover to extinguish flame.
- ☐ Transfer steaks to plates; tent with foil to keep warm.
- ☐ Add 1 tablespoon butter and shallots to drippings in skillet; sauté 2 minutes.
- ☐ Add stock and bourbon; boil until reduced by half, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add remaining 5 tablespoons butter, 1 tablespoon at a time, whisking just until melted. Spoon sauce over steaks and serve.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:19.796086697475%

Nutrients (% of daily need)

Calories: 450.09kcal (22.5%), Fat: 23.87g (36.73%), Saturated Fat: 11.34g (70.85%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.49g (0.91%), Sugar: 0.8g (0.89%), Cholesterol: 138.96mg (46.32%), Sodium: 196.33mg

(8.54%), Alcohol: 8.91g (100%), Alcohol %: 4.47% (100%), Protein: 38.5g (77%), Selenium: 52.47µg (74.95%), Vitamin B3: 11.17mg (55.85%), Vitamin B6: 1.1mg (55.2%), Zinc: 6.85mg (45.67%), Phosphorus: 373.95mg (37.39%), Vitamin B12: 1.62µg (27.07%), Manganese: 0.43mg (21.48%), Potassium: 692.35mg (19.78%), Iron: 3.18mg (17.69%), Vitamin B2: 0.22mg (12.91%), Vitamin B5: 1.19mg (11.93%), Magnesium: 47.02mg (11.76%), Vitamin K: 12.07µg (11.5%), Copper: 0.18mg (9.24%), Vitamin B1: 0.14mg (9.19%), Vitamin A: 366.3IU (7.33%), Vitamin E: 1.07mg (7.15%), Folate: 26.92µg (6.73%), Calcium: 59.02mg (5.9%), Fiber: 1.06g (4.23%), Vitamin D: 0.21µg (1.4%)