



Saint Louis Pepper Steak

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce beef fillets fillets) (have the butcher cut them in)
- 0.3 cup brandy
- 2 teaspoons garlic diced finely
- 2.5 cups heavy whipping cream
- 2 tablespoons r honey pure
- 2 tablespoons olive oil
- 1 cup coarsely cracked peppercorns black
- 4 servings salt

- 2 teaspoons shallots diced finely
- 0.3 cup mustard stone ground
- 2 tablespoons butter unsalted

Equipment

- frying pan
- whisk
- stove

Directions

- Lightly salt both sides of the fillets. Then press each side firmly into the cracked pepper to coat.
- In a large skillet, heat the olive oil on high heat.
- Add the fillets to the pan and cook to the desired temperature.
- Remove from the skillet and set aside. Note: after removing from heat the filets will continue to cook, so better under than over. 1 to 2 minutes per side for rare (cold red center); 3 to 4 minutes per side for medium rare (warm red center); 5 to 6 minutes per side for medium (hot pink center); 7 to 8 minutes per side for medium well (hot very little pink center); 8 to 9 minutes per side for well (hot center NO pink at all).
- In the same pan over medium-high heat, add the butter, garlic, and shallots and cook until golden brown.
- Remove from the heat and carefully pour in the brandy or cognac. Alcohol is very flammable, so have a lid handy.
- Put the pan back on the stove on medium to medium-high heat and add the heavy cream. Cook until reduced by half, about 6 to 8 minutes.
- Whisk in the honey and mustard. Adjust seasoning with salt, if desired.
- Plate the fillets, finish with the sauce, and enjoy.
- Serve with your favorite starch and vegetable. At the Top of the Riverfront we serve with roasted garlic mashed potatoes and sauteed fresh vegetables in season.

Nutrition Facts



■ PROTEIN 5.15% ■ FAT 70.94% ■ CARBS 23.91%

Properties

Glycemic Index:47.82, Glycemic Load:12.06, Inflammation Score:-9, Nutrition Score:28.10521735834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 856.85kcal (42.84%), Fat: 68.84g (105.91%), Saturated Fat: 39.64g (247.74%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 36.48g (13.26%), Sugar: 13.66g (15.18%), Cholesterol: 183.14mg (61.05%), Sodium: 418.87mg (18.21%), Alcohol: 6.68g (100%), Alcohol %: 1.92% (100%), Protein: 11.24g (22.49%), Manganese: 7.65mg (382.51%), Vitamin K: 106.55µg (101.48%), Fiber: 15.72g (62.87%), Vitamin A: 2696.31IU (53.93%), Copper: 0.83mg (41.46%), Calcium: 375.59mg (37.56%), Iron: 6.27mg (34.84%), Magnesium: 119.96mg (29.99%), Potassium: 967.72mg (27.65%), Vitamin B2: 0.41mg (23.85%), Vitamin E: 3.21mg (21.4%), Phosphorus: 202.33mg (20.23%), Selenium: 13.03µg (18.62%), Vitamin D: 2.48µg (16.57%), Vitamin B6: 0.26mg (12.99%), Vitamin B5: 1.28mg (12.8%), Vitamin B1: 0.13mg (8.55%), Zinc: 1.22mg (8.13%), Folate: 17.9µg (4.47%), Vitamin B3: 0.89mg (4.45%), Vitamin B12: 0.25µg (4.17%), Vitamin C: 1.56mg (1.89%)