



## Steak au Poivre

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup beef broth
- 1 tablespoon peppercorns black
- 0.3 cup brandy
- 0.3 cup heavy cream
- 2 servings salt
- 2 medium shallots thinly sliced
- 2 blade steaks (aka flat iron)
- 1 tablespoon butter unsalted

- 1 tablespoon vegetable oil
- 0.5 teaspoon citrus champagne vinegar

## Equipment

- frying pan
- paper towels
- aluminum foil
- stove
- ziploc bags
- rolling pin
- cutting board

## Directions

- Put peppercorns in a small resalable plastic bag and hit with a rolling pin until coarsely crushed. Pat the steaks dry with paper towels and season well salt. Dip 1 side of each steak into the peppercorns and press to help adhere.
- Heat the butter and oil in a 10-inch heavy-bottomed frying pan over medium-heat until just smoking.
- Add the steaks, peppercorn side up to the hot pan and cook, undisturbed, about 3 to 4 minutes. Flip and cook, pressing the steaks down in the pan so that the peppercorns adhere, about 4 to 5 minutes for medium-rare.
- Remove to a cutting board, tent with foil, and let rest at least 5 minutes.
- Meanwhile discard all but 1 tablespoon of the drippings, return the pan to the stove over medium heat, add the shallots and cook until softened, about 1 minute. Stir in the beef broth and brandy. Scrape the bottom of the pan to incorporate any browned bits and cook until slightly thickened, about 4 to 5 minutes.
- Add the cream and any accumulated meat juices and simmer until the sauce coats the back of a spoon, about 2 minutes. Stir in vinegar and season, to taste, with salt.
- Transfer the steaks to serving plates and drizzle with the sauce.

## Nutrition Facts



■ PROTEIN 26.58% ■ FAT 68.85% ■ CARBS 4.57%

## Properties

Glycemic Index:38.5, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:26.769565209098%

## Nutrients (% of daily need)

Calories: 785.82kcal (39.29%), Fat: 55.49g (85.38%), Saturated Fat: 25.83g (161.44%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.21g (2.26%), Sugar: 2.87g (3.19%), Cholesterol: 186.53mg (62.18%), Sodium: 547.71mg (23.81%), Alcohol: 10.02g (100%), Alcohol %: 3.25% (100%), Protein: 48.2g (96.41%), Selenium: 57.07µg (81.53%), Zinc: 11.84mg (78.96%), Vitamin B12: 3.85µg (64.22%), Vitamin B3: 11.67mg (58.33%), Vitamin B6: 1.02mg (50.97%), Phosphorus: 376.38mg (37.64%), Vitamin B2: 0.63mg (36.84%), Manganese: 0.72mg (36.19%), Iron: 4.83mg (26.81%), Vitamin K: 25.72µg (24.5%), Potassium: 819.1mg (23.4%), Magnesium: 64.74mg (16.18%), Vitamin B1: 0.23mg (15.24%), Copper: 0.28mg (13.79%), Vitamin A: 674.51IU (13.49%), Fiber: 2.07g (8.26%), Calcium: 72.33mg (7.23%), Vitamin E: 1.05mg (7.03%), Vitamin D: 0.81µg (5.38%), Folate: 18.73µg (4.68%), Vitamin C: 2.18mg (2.65%), Vitamin B5: 0.24mg (2.38%)