



Steak au Poivre

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter unsalted cut into 4 pieces
- 0.5 cup brandy
- 0.3 cup shallots finely chopped
- 32 oz beef strip steaks boneless 1-inch-thick () (strip)
- 2 tablespoons peppercorns whole black
- 1 tablespoon kosher salt
- 1 tablespoon vegetable oil
- 0.8 cup cup heavy whipping cream

Equipment

- frying pan
- oven
- ziploc bags
- meat tenderizer

Directions

- Preheat oven to 200°F.
- Pat steaks dry and season both sides with kosher salt.
- Coarsely crush peppercorns in a sealed plastic bag with a meat pounder or bottom of a heavy skillet, then press pepper evenly onto both sides of steaks.
- Heat a 12-inch heavy skillet (preferably cast-iron) over moderately high heat until hot, about 3 minutes, then add oil, swirling skillet, and sauté steaks in 2 batches, turning over once, about 6 minutes per batch for medium-rare.
- Transfer steaks as cooked to a heatproof platter and keep warm in oven while making sauce.
- Pour off fat from skillet, then add shallots and half of butter (2 tablespoons) to skillet and cook over moderately low heat, stirring and scraping up brown bits, until shallots are well-browned all over, 3 to 5 minutes.
- Add Cognac (use caution; it may ignite) and boil, stirring, until liquid is reduced to a glaze, 2 to 3 minutes.
- Add cream and any meat juices accumulated on platter and boil sauce, stirring occasionally, until reduced by half, 3 to 5 minutes.
- Add remaining 2 tablespoons butter and cook over low heat, swirling skillet, until butter is incorporated.
- Serve sauce with steaks.

Nutrition Facts

 **PROTEIN 21.2%**  **FAT 75.23%**  **CARBS 3.57%**

Properties

Glycemic Index:19.25, Glycemic Load:1.42, Inflammation Score:-7, Nutrition Score:25.374347676402%

Nutrients (% of daily need)

Calories: 944.27kcal (47.21%), Fat: 73.07g (112.41%), Saturated Fat: 35.04g (219.01%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.89g (2.14%), Sugar: 2.9g (3.22%), Cholesterol: 275.97mg (91.99%), Sodium: 1874.78mg (81.51%), Alcohol: 10.02g (100%), Alcohol %: 3.65% (100%), Protein: 46.33g (92.66%), Selenium: 53.22µg (76.03%), Vitamin B6: 1.31mg (65.61%), Vitamin B3: 11.87mg (59.37%), Zinc: 7.8mg (52.03%), Phosphorus: 462.99mg (46.3%), Vitamin B12: 2.18µg (36.37%), Manganese: 0.73mg (36.33%), Potassium: 859.45mg (24.56%), Iron: 4.02mg (22.32%), Vitamin A: 1038.67IU (20.77%), Vitamin B2: 0.34mg (20.06%), Vitamin K: 20.65µg (19.66%), Magnesium: 61.5mg (15.38%), Vitamin B5: 1.5mg (15.02%), Vitamin E: 2.01mg (13.38%), Copper: 0.25mg (12.64%), Vitamin B1: 0.19mg (12.34%), Calcium: 113.28mg (11.33%), Folate: 32.44µg (8.11%), Fiber: 1.9g (7.58%), Vitamin D: 0.93µg (6.18%), Vitamin C: 1.85mg (2.24%)