

Steak Au Poivre

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings bell pepper green crushed
- 60 g butter cold
- 1 tablespoon crème fraîche
- 0.5 cup wine dry white (10 cl.)
- 1 tablespoon mustard
- 2 tablespoons cooking oil neutral
- 4 servings salt
- 220 g sirloin steak

- 0.5 cup bouillon cubes (10 cl.) (or from a bouillon cube)

Equipment

- frying pan
- oven
- wire rack
- sieve
- aluminum foil
- spatula
- tongs

Directions

- Remove the steaks from the refrigerator 20 minutes in advance. Prepare a cooling rack (or small overturned plate – over a large plate).
- Cover the steaks on both sides with crushed pepper. Pat it on firmly so that it sticks into the flesh. Salt the steaks on both sides. (Be sure to pepper and then salt, or the pepper will not stick to the steaks.)
- Heat the oil in a sauté pan over high heat.
- Add 1 teaspoon butter. Rotate the pan as the butter melts, and when it begins to foam, lower the heat to medium.
- Lay the steaks in the pan and cook for 4 minutes, rotating them in the pan and spooning the cooking juices over them. Flip them with tongs or a spatula and cook 4 minutes on the other side, rotating and basting as before. Stand the steaks on their sides, using tongs to help, and cook them 2 minutes on their edges.
- Remove the steaks to the cooling rack and tent them loosely with aluminum foil.
- Put a serving dish and a sauceboat to warm in the oven, turned to 150°F/80°C.
- Pour the wine into the sauté pan and bring to a boil, stirring and scraping the bottom of the pan with a wooden spatula until the wine is syrupy.
- Dice the rest of the butter, which should be well chilled.
- Add the veal stock to the pan and boil for 2 minutes. If you are using the crème fraîche, stir it in. Then stir in the diced butter bit by bit. Put this sauce through a fine strainer into the

warmed sauceboat. If you are using the mustard, stir it in now. Taste for salt and pepper.

- Put the steaks on the warmed serving platter, coat them with sauce, and serve the rest of the sauce on the side.
- Taste
- Book, using the USDA Nutrition Database
- From The Complete Robuchon by Joël Robuchon. Copyright (c) 2008 by Joël Robuchon. Published by Knopf. Joël Robuchon was born in Poitiers, France, in 1945 and began his apprenticeship at a hotel restaurant when he was fifteen years old. In 1981, he opened his own restaurant in Paris, Jamin, which had earned three Michelin stars by 198
- It was the fastest rise in the guidebook's history. Named "Chef of the Century" in 1989 by the Gault Millau, he now works as a consultant and runs L'Atelier restaurants around the world.

Nutrition Facts

PROTEIN 18.92% **FAT 71.68%** **CARBS 9.4%**

Properties

Glycemic Index:26.75, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:13.487391492595%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 386.53kcal (19.33%), Fat: 29.31g (45.09%), Saturated Fat: 12.47g (77.91%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.48g (2.72%), Sugar: 6.17g (6.86%), Cholesterol: 66mg (22%), Sodium: 7463.04mg (324.48%), Alcohol: 3.09g (100%), Alcohol %: 1.93% (100%), Protein: 17.41g (34.81%), Vitamin C: 47.88mg (58.04%), Vitamin B12: 1.86µg (30.94%), Selenium: 18.8µg (26.86%), Vitamin B6: 0.42mg (21.03%), Phosphorus: 189.47mg (18.95%), Vitamin B3: 3.32mg (16.6%), Zinc: 2.03mg (13.52%), Vitamin A: 616.65IU (12.33%), Manganese: 0.25mg (12.27%), Potassium: 427.57mg (12.22%), Vitamin E: 1.82mg (12.12%), Vitamin B2: 0.2mg (11.99%), Iron: 2.11mg (11.75%), Vitamin B1: 0.16mg (10.53%), Vitamin K: 10.67µg (10.16%), Magnesium: 37.14mg (9.29%), Folate: 19.91µg (4.98%), Fiber: 1.17g (4.69%), Copper: 0.09mg (4.37%), Calcium: 38.81mg (3.88%), Vitamin B5: 0.37mg (3.69%)