



food
network

Strip Steak with Pepper Cream Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef stock
- 2 teaspoons peppercorns black crushed
- 2 tablespoons clarified unsalted
- 3 tablespoons cognac
- 1 tablespoon peppercorns green in brine crushed drained
- 0.8 cup heavy cream
- 4 servings kosher salt
- 24 ounce strip steaks

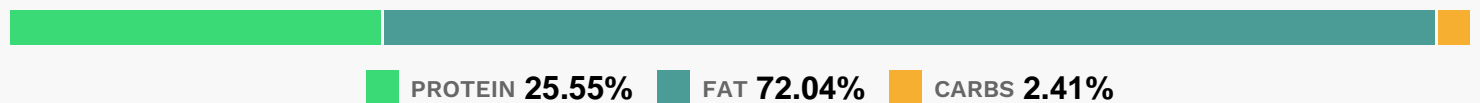
Equipment

- frying pan
- oven
- whisk

Directions

- Preheat oven to 200 degrees F.
- Sprinkle steaks with kosher salt and crushed black pepper.
- Heat butter in a 12-inch, heavy bottomed saute pan over medium heat. Once butter is hot, add steaks and cook until browned on both sides, about 2 minutes per side for medium-rare and 3 minutes per side for medium.
- Remove steaks from pan and place on a rack set on a sheet pan; place in oven to keep warm.
- Add the stock to the saute pan and whisk until the crispy bits release from bottom of pan. Allow the liquid to reduce for 3 to 4 minutes over medium-high heat.
- Add cognac, heavy cream, and green peppercorns to the pan. Increase heat to high and cook, whisking continually, until sauce thickens slightly, just enough to coat the back of a spoon; this will take 5 to 7 minutes.
- Season the sauce, to taste, with kosher salt.
- Place steaks on plates, top with sauce, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:19.206087073554%

Nutrients (% of daily need)

Calories: 594.28kcal (29.71%), Fat: 45.95g (70.69%), Saturated Fat: 24.6g (153.78%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.9g (1.06%), Sugar: 1.56g (1.74%), Cholesterol: 169.24mg (56.41%), Sodium: 460.91mg (20.04%), Alcohol: 3.76g (100%), Alcohol %: 1.68% (100%), Protein: 36.67g (73.33%), Selenium: 43.56µg (62.23%), Zinc: 8.95mg (59.65%), Vitamin B12: 2.91µg (48.45%), Vitamin B3: 8.78mg (43.89%), Vitamin B6: 0.73mg (36.29%),

Vitamin B2: 0.54mg (31.66%), Phosphorus: 290.38mg (29.04%), Iron: 3.31mg (18.41%), Potassium: 612.69mg (17.51%), Vitamin A: 868.47IU (17.37%), Manganese: 0.28mg (14.19%), Vitamin B1: 0.18mg (11.79%), Magnesium: 45.9mg (11.48%), Copper: 0.19mg (9.65%), Vitamin K: 8.12µg (7.73%), Vitamin D: 0.99µg (6.59%), Calcium: 56.51mg (5.65%), Vitamin E: 0.6mg (4%), Fiber: 0.56g (2.23%), Folate: 8.37µg (2.09%), Vitamin B5: 0.15mg (1.52%)