



Steak Au Poivre

Ingredients:

- Steak of your choosing
- Salt & Pepper
- Cracked Black Pepper
- ½ oz. Blended Oil
- 1 tsp. Minced Shallots
- ½ tsp. Minced Garlic
- 1 oz. Cognac
- 3 oz. Bordelaise (See Recipe) or Buy Pre-Made @ Store
- ½ tsp. Pink Peppercorns (Used for Garnish)
- ¼ tsp. Chopped Parsley (Used for Garnish)

Procedure:

- Season your steak with salt and pepper and let sit for 20 minutes so the seasoning sets in
- Place cracked black peppercorns on a flat plate and set the steak on both sides in the pepper (adjust pepper based on preference)
- In a pan (fry in cast iron) place on medium-high heat and let it get hot; add oil and then the steak; you want to get a nice hard sear on both sides (cook to your desired doneness, internally)
- Remove the steak and place on a plate to rest for up to 5 minutes
- In the same pan add a little oil and the shallots (if the pan is burnt looking use a new one and add a little cracked black pepper to it and cook for about 1 minute)
- Deglaze with the cognac (careful if using a gas stove it will flame up, take it off the heat and add) once its reduced by half or the flame is out add the bordelaise or pre-made brown sauce
- Bring to a simmer and it's done, remove from heat
- Pour sauce over steak and garnish with the parsley and pink peppercorns; adjust peppercorns to your liking of spice.

Bordelaise:

- ½ Cup Minced Shallots
- 1 Tbs. Unsalted Butter
- 1 Cup Red Wine
- 3 Cups Beef Stock
- 1 small sprig of Thyme
- 2 tsp. Kosher Salt
- ½ tsp. Ground Black Pepper

Procedure:

- In a small sauce pot melt butter and add shallots cooking until lightly caramelized
- Add thyme and deglaze with red wine; reduce until ½ to 1/3 cup
- Add beef stock and reduce by half or until it has thickened enough to coat the back of a spoon. (To test dip a tablespoon into the sauce, lift the spoon and flip it over to look at the back, if the sauce quickly runs off, it is not yet thick enough and needs to be cooked more, but if it coats the back of the spoon then it's done)
- Strain through a fine strain and set aside until needed