



A Hand Up, Not A Hand-Out

Steak Au Poivre

Serves 4

Ingredients

2 (1 1/2-inch thick) rib-eye steak
2 tablespoons coarsely crushed black peppercorns
1 tablespoon kosher salt
1 tablespoon canola oil
1 tablespoon butter
2 tablespoons shallots (minced)
2 oz. brandy
1/2 cup beef stock
2 tablespoons butter
1 teaspoon lemon juice
1 pinch cayenne pepper
Italian Parsley, chopped

Method

Preheat oven to 375°.

Season steaks with crushed peppercorns and salt.

Heat the oil and butter in a cast iron skillet over high heat. Sear steaks 3-minutes per side. Transfer pan to oven and continue to cook to desired doneness: 125 Rare; 130 Medium rare; 135-140 medium.

Remove steaks to a cutting board and tent with foil. Return skillet to medium heat, add shallots, sauté 2—3 minutes stirring occasionally. Remove the pan from the heat and deglaze with brandy: return to heat and flambé to burn off the alcohol. Add stock, reduce heat to low and simmer 3—4 minutes to reduce until slightly thickened.

Remove pan from heat, stir in butter and lemon juice: adjust seasoning with salt, pepper, and cayenne. Pour sauce over steak, Garnish with parsley.