



Steak au Poivre



Ingredients

- 2 filet mignons, about 1 ½ inches thick
- Salt
- 1½ tablespoons coarse black pepper
- 2 tablespoons butter
- 1 tablespoon extra virgin olive oil
- ⅓ cup cognac
- 1 cup beef stock
- ½ cup heavy cream
- Special equipment: Long-nosed lighter

Method:

1. Liberally sprinkle the steaks with salt on both sides, then heavily coat with the coarse black pepper.
2. Melt the butter and olive oil in a large heavy skillet over medium high heat. Add the steaks and sauté them until they are well browned on both sides, about four minutes or 135 degrees internal temperature for medium rare.
3. Remove the steaks to a warm plate and tent with foil to rest for about five minutes.
4. Drain any excess butter and oil from the pan but do not remove the crispy bits. Turn off the stove and take the pan to a counter protected with a wooden cutting board (unless you have granite counters). Add the cognac and ignite with the long-nosed lighter.
5. After the flames have disappeared, put the pan back on the stove and add the beef broth. Cook over medium high heat until the broth has reduced by half and then add the cream. Mix thoroughly and serve the sauce over the steaks.