

# STEAK AU POIVRE

SERVES 2

Adapted from *Steak Lovers Cookbook*

About 30 min before cooking, remove steaks from refrigerator and pat them dry. Spread cracked peppercorns on plate and coat steaks with pepper, pressing in peppercorns with heel of your hand. Set aside at room temperature.

Melt butter and oil in large, heavy-bottomed skillet. When very hot, add fillets. Cook until seared and well-crustured on one side, about 4 min. Turn and cook second side, about 4 min more for medium-rare or 5 min more for medium. Baste fillets with pan drippings and salt after turning.

Remove skillet from heat. Transfer fillets to plate and pour off cooking fat. Do not wash or wipe out skillet. Return fillets to skillet. In small saucepan, heat cognac over medium heat. When it boils, turn away your face and pour cognac over fillets (make sure your hair is tied back and your sleeves are rolled up before you do this).

Carefully light cognac with long kitchen match. It will flare up momentarily. Gently shake skillet over hot burner until flames die. This procedure accomplishes two objectives: All the alcohol burns off and residual fat in the skillet burns as well. Transfer steak to plates or platter; keep warm.

Add cream to skillet and bring it to boil, scraping bottom pan with wooden spoon to deglaze meat juices. Gently whisk sauce until it has thickened slightly, about 2 min. Add salt. Pour sauce over steaks and serve immediately.

## DEEDEE'S NOTES

- You could double this if hosting another couple. I probably wouldn't recommend it if hosting a larger group.

## INGREDIENTS

2 – 1¼" thick *Tenderloin or New York Strip steaks*  
1½ – 2 *tbsp whole black peppercorns, cracked*  
1 *tbsp unsalted butter*  
2 *tbsp olive oil*  
*Salt to taste*  
2 *tbsp cognac*  
½ *cup heavy whipping cream*

