

# Steak au poivre

## Methode 1

## Ingredients

4 NY strip steaks, 6 to 8 ounces each and no more than 1 1/2 inches thick

Kosher salt

2 tablespoons whole peppercorns

1 tablespoon unsalted butter

1 teaspoon grape-seed oil

1/3 cup Cognac, plus 1 teaspoon

1 cup heavy cream

Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Sprinkle all sides with salt.

To coarsely crush the peppercorns, put it in a zip lock bag or in between a clean folded kitchen towel and crush with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet or a heavy rolling pin. Spread the peppercorns evenly onto a plate. Press the filets, on both sides, into the pepper until it coats the surface. Set aside.

In a medium skillet over medium heat, melt the butter and grapeseed oil. As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks to a plate, tent with foil and set aside. Pour off the excess fat but do not wipe or scrape the pan clean.

Off of the heat, add 1/3 cup Cognac to the pan and carefully ignite the alcohol. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a gentle boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes.

Add the teaspoon of Cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.

## **Methode 2**

### Ingredients

- 4 NY strip steaks, 6 to 8 ounces each and no more than 1 1/2 inches thick
- 3 tbsp. black peppercorns
- 2 tbsp. butter
- 1 tbsp. vegetable oil
- 1/3 cup cognac
- 1 cup beef stock
- 1/2 cup heavy cream
- Salt

### Instructions

1. Wrap peppercorns in a clean dish towel, then crush, either by pressing firmly with the bottom of a heavy skillet or by tapping gently with a mallet. (Peppercorns should be cracked, not ground.) Transfer pepper to a plate, then roll filets in it so that they are evenly coated. Season liberally on both sides with

salt.

- 2.** Heat butter and oil in a large skillet over medium-high heat. Add filets and cook until well browned, about 4 minutes on each side for medium rare. Transfer steaks to four warmed plates. Cover loosely with foil to keep warm while you prepare sauce.
  
- 3.** Add cognac to the hot pan, then carefully ignite with a long-handled match. (Keep the lid handy so the flame can be extinguished if necessary.) Allow alcohol to burn off, about 1 minute, then add stock. Cook until reduced by half, about 4 minutes. Add cream and cook, stirring occasionally, until thick, 3–5 minutes. Season with salt and pour over steaks.

***Use extreme caution when igniting alcohol. Remove the pan from the heat source before adding the alcohol. Pour the alcohol into the pan and carefully ignite with a match or click lighter. Return the pan to the heat and gently swirl to the reduce flame.***