

4/1/04

Tante Marie's Cooking School

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Steak au Poivre

4 sirloin or New York steaks, 8 ounces each (1 inch thick)
1/4 cup cracked black peppercorns
1-2 tablespoons olive oil
1/2 cup Cognac or brandy
1/2 cup heavy cream
watercress leaves, washed and dried, for garnish

Trim excess fat from the steaks, leaving at least 1/4 inch. Salt the meat then press the cracked peppercorns into both sides.

In a large sauté pan, add enough of the olive oil just to create a thin film in the bottom of the pan (pour off any excess). Heat the pan over high heat and, when hot, brown the steaks well on both sides then lower the heat and continue to cook to desired doneness. Remove the steaks and keep warm.
NOTE: Do not crowd the steaks in the sauté pan-cook in batches if necessary.

Pour off any fat and allow the pan to cool, off the heat, for a minute. Add the Cognac or brandy and simmer pan over low heat until liquid is reduced to a glaze. Add cream and simmer for a minute longer. Taste and adjust seasoning with salt, pepper or a squeeze of lemon juice.

Slice the steak across the grain on an angle to make wide, thin slices. Arrange on a warm platter and spoon sauce over the top. Garnish with watercress leaves and serve.

Serves 4

'Fonde' - what is left in the pan after searing something

cooking
6 min for 1st side
2nd side { *3 min rare*
4 min med rare
5 min med.