



Savory, Sizzling Steak

Most of the guys I know love steak. The best way to prepare steak is ALWAYS on the grill, but when you don't have that option, I find that **Steak Au Poivre** is the way to go for four main reasons: 1). You can use any steak; 2). It's based in the classic French technique; 3). You prepare it with Cognac; and 4). The sauce is incredible.

The steak lover in you will love this dish. And for those trying to keep their guy at home to watch the game, rather than hang out with the boys...this recipe will do it.

Also, for the fellas that would like a little more creativity, *in the kitchen*, pass this recipe on to your lady, you are going to love the results!!!

There are also a few things to remember when preparing this dish:

- Let the steak rest **before** you cut it.
- Enjoy with Champagne Rice* or Garlic Roasted Potatoes*
- Enjoy with a wine, a nice cabernet or blend, **never plain merlot**.

Chef Julius' Autumn Steak Au Poivre

INGREDIENTS

- 2-8oz bone-in Rib eye Steaks
- 1/4 cup minced shallots
- 1/4 cup minced garlic
- 1 T extra virgin olive oil
- 3 T unsalted butter (room temperature)
- 1 T of each (Whole black, green & pink peppercorns)
- 1/4-cup fine cognac
- 1/4-cup heavy cream
- 1/4-cup beef stock or demi glaze
- 1 tsp Dijon mustard

- 1/4-cup chives (minced)
- 1 1/4 tsp garlic flavored Tabasco sauce
- Salt

PROCEDURE

First, crush the peppercorns in a mortar with a pestle, or place in a Ziploc type bag and use the bottom of a pan. Fold peppercorns into the butter and spread it onto both sides of steaks. Set aside.

In a cast iron or aluminum pan, heat with medium flame and add olive oil for 1-2 minutes. Add shallots and garlic, cook for 2-3 minutes on medium. Remove from the pan and set aside. Add each steak to the heated pan. Cook 3-4 minutes on each side (medium), and only turn once. These steaks are best cooked until medium; **NEVER** cook past medium well.

Remove steaks from pan. Keep warm. Return shallots and garlic to the pan and add the cognac. Stand back. This will cause a flame and steam to rise. After the flame dies and steam leaves the pan, use a wooden spoon to remove the brown bits at bottom of the pan. Stir in the heavy cream, beef stock or demi glaze, Dijon mustard and Tabasco. Cook and reduce 5-7 minutes. Add salt to taste. Return steaks to pan, turn to coat evenly. Garnish with chives. Serve on a warm platter.

**Chef Julius is the executive chef/owner of Tale of Two Chefs, Inc., personal chef services and catering. For additional information on the chef and his recipes, visit www.taleof2chefs.com.*

