

## Steak au Poivre



4 Tenderloin steaks, 6-8 oz., 1-1/4" thick  
Sonoma Pacific sea salt  
2T ground peppercorns--Black, or use a Peppercorn Blend  
3-4 shallots, chopped  
1T unsalted butter  
1t olive oil  
1/2 cup Cognac or brandy  
1C heavy cream; or beef broth\*

Take steaks out of the refrigerator for at least 30 minutes prior to cooking. Pat dry and press all sides with salt and ground pepper. Heat the butter and oil over med-high heat until very hot, but not smoking. Lower heat to medium and place steaks in pan and cook for 4 minutes on one side, and 3 minutes on the other, for medium-rare. Remove to a plate and cover with foil.

**SAUCE:** Pour off most of the fat from the pan, leaving 1T, add the shallots and saute for 2 minutes, add the Cognac. Add beef broth or cream and simmer for 7-8 minutes.

\*depending on how decadent you're feeling that evening!

### *Captain's Note:*

*Spoon sauce over steaks and serve with roasted carrots and mashed potatoes!*