FRENCH · DINNER

Steak au Poivre with Cognac Cream Sauce

35 min · Serves 4 · 649 kcal a serve · Video 6:13 · Certified Angus Beef ®

Gluten-free ingredients · No nuts listed

Peppered tenderloin in a butter and cream pan sauce: about 36 g protein and 4 g net carbs a serve, nearly three-quarters of the energy from fat, and rich in vitamin B12 and zinc.

Diet notes: Keto (4.7 g net carbs a serve).

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Ingredients 10 · SERVES 4

- [ ] 4 beef tenderloin (filet mignon) steaks, 170 g each
- [ ] 2 tsp **coarse kosher salt**, divided
- [ ] 2 tbsp mixed **peppercorns** (peppercorn trio), coarsely cracked
- [ ] 2 tsp **canola oil**
- [ ] 2 tbsp **unsalted butter**
- [ ] 1 small **shallot**, minced (about 2 tbsp)
- [ ] 3 tbsp **brined green peppercorns**
- [ ] 60 ml **cognac or brandy**
- [ ] 240 ml **salt-free beef stock**
- [ ] 240 ml **heavy cream**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mince the shallot and set it aside. Crack the peppercorns roughly in a bag with a mallet or the base of a pan, so they are coarse rather than ground. Heat the oven to 160 °C. 0:37
2. Pat the steaks dry. Salt one side and press it firmly into the cracked pepper to make a crust; flip carefully and salt the other side only. 1:21
3. Heat the oil in a skillet over medium-high heat and sear the unpeppered side first until well browned. Flip, add the butter and baste the steaks, searing the edges gently so the crust stays on. 2:08
4. Move the steaks to a rack on a sheet pan and finish in the oven for about 15 minutes for medium-rare (54 °C inside). 3:16
5. Meanwhile, sauté the shallot in the same pan with a pinch of the salt for a minute, then add the green peppercorns. Take the pan off the heat, add the cognac, return to the heat and flambé (or simmer) until the alcohol has cooked off. 3:32
6. Add the beef stock and bring to a simmer, then the cream. Boil, then simmer briskly for about 10 minutes, stirring now and then, until reduced by half and the sauce coats a spoon. 4:13
7. Spoon the sauce onto plates and set the steaks on top so the pepper crust stays crisp. 5:36

> **Tip** The cook serves it with fries; keep it keto with a green salad, buttered green beans or cauliflower mash instead. No green peppercorns? A couple of pinches of ground black pepper will do.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
649 kcal	**36** g	**5.9** g	**1.3** g	**52** g	**1,080** mg
2,720 kJ	72% of a day	4.7 g net · 2.5 g sugars 2% of a day	5% of a day	26 g saturated 67% of a day	47% of a day

Energy from net carbs 3% · protein 23% · fat 74% — fits keto: 4.7 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin B12 98% · Selenium 70% · Zinc 57% · Vitamin B6 43% · Omega-3 38% · Vitamin A 33%

Source of (10–19%) Iron 17% · Potassium 12% · Vitamin E 12% · Vitamin K 11% · Magnesium 10%

Recipe and video: Certified Angus Beef ® (@CertifiedAngusBeefTestKitchen) on YouTube — youtube.com/watch?v=qX3-5I2G8kI, published 3 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/steak-au-poivre-cognac-cream