

# Steak au Poivre

*The Moore House - South Cle Elum, WA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*6 tablespoons peppercorns  
6 tenderloin steaks, one-inch thick  
4 tablespoons butter  
2 tablespoons oil  
1 cup white wine  
2 tablespoons brandy*

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Crush the peppercorns coarsely. Pound firmly into both sides of the steaks with a mallet.

In a large skillet, melt two tablespoons of the butter and the oil over a high flame. When the butter and oil begin to sizzle, put in the steaks and cook to the desired doneness. Remove to a serving platter.

Stir the wine and brandy into the pan juices. Simmer on a low flame for 2 minutes. Add the remaining two tablespoons of butter.

Pour over the steaks and serve immediately.

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Per Serving (excluding unknown items): 191 Calories; 13g Fat (67.5% calories from fat); 2g Protein; 12g Carbohydrate; 5g Dietary Fiber; 21mg Cholesterol; 88mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	191
% Calories from Fat:	67.5%
% Calories from Carbohydrates:	27.7%
% Calories from Protein:	4.8%
Total Fat (g):	13g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	21mg
Carbohydrate (g):	12g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	38
% Refuse:	0.0%

## Food Exchanges

**Dietary Fiber (g):** 5g  
**Protein (g):** 2g  
**Sodium (mg):** 88mg  
**Potassium (mg):** 257mg  
**Calcium (mg):** 83mg  
**Iron (mg):** 5mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 323IU  
**Vitamin A (r.e.):** 75RE

**Grain (Starch):** 1  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 191 Calories from Fat: 129

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#### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	5g	27%
<b>Cholesterol</b>	21mg	7%
<b>Sodium</b>	88mg	4%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	5g	19%
<b>Protein</b>	2g	

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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	6%
<b>Calcium</b>	8%
<b>Iron</b>	29%

*\* Percent Daily Values are based on a 2000 calorie diet.*