
Steak Au Poivre

The Windsor Family Cookbook
Windsor Vineyards - Windsor, CA

Servings: 4

3 tablespoons black peppercorns
4 teaspoons green peppercorns in brine, drained
4 (six ounce) beef tenderloin steaks
2 tablespoons olive oil
salt (to taste)
2 cups Cabernet Sauvignon
1/2 cup shallots, minced

Chop all of the peppercorns finely in a food processor or blender. Rub the pepper mixture over both sides of each steak. Let them sit for three or four hours to absorb the flavor.

Heat the olive oil in a heavy skillet over high heat. Season the steaks with salt. Add them to the skillet. Cook to your desired doneness (you will probably have to cook them two at a time). Transfer the cooked steaks to an ovenproof plate or pan. Cover with foil. Place in the oven on warm.

Add the Cabernet and shallots to the skillet. Boil, stirring occasionally, until the liquid is reduced to a thin syrup. This should take about 10 minutes. Strain the sauce into a bowl. Return the clarified sauce to the same skillet, boiling until a thicker sauce forms, which should take about 4 to 5 minutes.

Pour the sauce over individual steaks on each plate. Garnish with a few whole peppercorns.

Beef

Per Serving (excluding unknown items): 473 Calories; 30g Fat (66.7% calories from fat); 20g Protein; 14g Carbohydrate; 4g Dietary Fiber; 70mg Cholesterol; 131mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.