

Directions for Steak Au Poivre.

1. Coat steak lightly with kosher salt. (+ chopped garlic)
2. Coat steak with crushed peppercorns.
3. Put oil in the pan and heat it up until it is quite hot but not smoking. As an alternative, one can use clarified butter.
4. Preheat the oven at the same time to 400 degrees.
5. Put the steaks in the hot pan and sear. In my kitchen, this means putting the electric burner on high. Sear on both sides.
6. Take the steaks out of the pan and pour in cognac to de-glaze the pan. Use wood utensil to scrape the black stuff off the bottom of the pan and then continue to cook so as to reduce the cognac.
7. Optional step: Add red wine.
- ~~8. Add in chopped shallots and cook them until they turn yellow. (Alan said these shallots could go in prior to the cognac.)~~
9. Put in some crushed garlic with the oil it is in. Be careful not to burn the garlic but to just warm it up. (Carol and Alan found a good crushed garlic product which they both agreed was a lot easier and may be better than chopping it up yourself.)
10. Pour in hot beef stock and bring it to a boil to reduce it. Through a combination of additional beef stock or cognac, you can change the mix of the sauce.
11. Put the steak in the oven and roast (bake) to desired temperature. (Alan said there are baby meat thermometers that cost about \$10 each which you can use on a per steak basis.) (My observation: This only works with a reasonably thick piece of meat; otherwise, maybe frying it makes sense.)
12. Pour in heavy cream which you should have at room temperature before adding to the brew and stir. (Actually from watching Alan all along, he kept stirring throughout.)
13. Pour drippings from roasting pan into fry pan and mix in.
Alan did this. he put the steaks in the