



## **“Chef at the Market”**

**August 1, 2009**

### **Chris McBurney – Opus 9**

#### **Steak Au Poivre**

- 1 Tablespoon black peppercorns
- 1 teaspoon white peppercorns
- 1 teaspoon red peppercorns
- 1 teaspoon dried green peppercorns
- 1 steak of your choice
- 1 Tablespoon unsalted butter
- 1 Tablespoon vegetable oil
- 2 Tablespoons cognac or brandy
- ½ cup prepared demi-glace
- 3 Tablespoons heavy cream

In a heavy-duty sealable plastic bag or coffee grinder, crush black, white and red peppercorns until coarsely chopped. Pat steaks dry and coat steaks with peppercorn mixture. Heat butter and oil in a 10-inch heavy skillet over medium-high heat until hot but not smoking and cook steaks for 4 to 5 minutes on each side for medium-rare. Remove steaks to rest and add brined green peppercorns, sauté quickly, add brandy or cognac, flame, add demi-glace and cream and cook until sauce thickens and coats the back of a spoon, about 1 minute. Pour sauce over steak and serve.