

# STEAK AU POIVRE

## (AKA PEPPERCORN STEAK)

### *Ingredients:*

1 8"-10" long piece of Center Cut Beef  
Tenderloin, cut into 1 1/2" - 2" thick steak  
for each guest

### Peppercorn Seasoning

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| 5 T Cracked Black Peppercorn                | 1 T Salt |
| 5 T Olive Oil (+ an additional 2 T to sear) |          |

### Pan Sauce

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|------------------------|-------------------------|
| 2 C Port               | 1 Sprig of Thyme        |
| 1/2 T Balsamic Vinegar | 1 C Dried Tart Cherries |
| 1 T Shallot, minced    | 1 T Butter              |

*NOTE: Or if you prefer, instead of whole tenderloin, purchase 6-8 pcs. of pre-cut 2" thick Filet Mignon from your grocers meat counter. 2 1/2 – 3 T whole peppercorn = approximately 5 T cracked. Also, a digital instant read thermometer is highly recommended.*

### *Directions:*

1. Cut the tenderloin into 1 1/2" - 2" thick steaks, one for each guest.
2. Using the back of a skillet, crack the 2 1/2 – 3 T of black peppercorn to make 5 T of cracked black peppercorn.
3. Place 5 T Olive Oil in a pan and add the cracked peppercorn.
4. Over medium heat, let it barely simmer for 7-10 minutes until you start to smell aromatic things like floral notes, or coffee, or chocolate. (I smelled the floral notes last time I prepared this.)
5. Pour the peppercorn and oil mixture into a bowl, add the salt, and mix well.
6. Coat the meat with the peppercorn mixture, cover, and let sit on a wire rack on the counter for an hour. This will tenderize the meat. Place a plate or a pan under the wire rack to catch any juices.
7. With 15 minutes left on the tenderizing step, in a separate pan, combine the port, vinegar, thyme, cherries and shallot and let reduce for about 30 minutes, stirring often.
8. While the pan sauce is reducing, pre-heat a sheet pan in the oven at 450-degrees. (You'll be placing the seared beef on this pan.)

9. Place 2 T of oil in a cold pan and turn the burner on high to quickly heat the pan. Once hot, turn the heat down to medium high heat. The olive oil will smoke slightly when the pan is ready.
10. Using tongs to preserve the peppercorn crust, place the tenderloin gently in the pan with plenty of room in the pan between pieces - this is for more even heating.
11. Sear the tenderloin pieces for 3-4 minutes on each side (top and bottom only).
12. Use the tongs to preserve the peppercorn crust and place the steaks in the oven on the pre-heated sheet pan and cook for 5-7 minutes until the steak reaches an approximate internal temperature of 115 – 120-degrees.
13. Remove the tenderloin from the oven and place on the previously used wire rack over a baking sheet or plate to rest for 5-10 minutes. The internal temperature will continue to rise approximately 10-degrees in that time, leaving you with a 125 – 130-degree internal temperature, which is medium rare.

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| <p><i>NOTE: If you do not like your meat that rare, let it reach 125-degrees before removing it from the oven. You'll be near "medium" after the cooling step.</i></p> |
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14. After the tenderloin has rested for the appropriate amount of time, add 1 T of butter to the pan sauce that has been reducing and whisk until melted and incorporated.
15. To serve, either slice the tenderloin pieces and place on the plate covering with a spoonful or two of the pan sauce over top –OR- place the entire tenderloin (uncut) on the plate and covering with a spoonful or two of the port sauce.