



Recipes

STEAK AU POIVRE WITH BRANDY CREAM SAUCE

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| 6 thick beef tenderloin steaks | 1/4 cup (50 mL) brandy |
| 2 tbsp (25 mL) black peppercorns, crushed | 1/3 cup (75 mL) beef stock |
| 1 tbsp (15 mL) olive oil | 1 tbsp (15 mL) Dijon mustard |
| 1 tbsp (15 mL) butter | 1 cup (250 mL) whipping cream |
| 1/4 cup (50 mL) finely chopped onion | 1/8 tsp (0.5 mL) salt |
| 1 clove garlic, finely chopped | |

Pat steaks dry. Press crushed peppercorns evenly onto each side of steaks. Heat oil and butter in large heavy frypan over medium heat. Add steaks and cook to desired doneness, about 4 minutes per side for medium-rare. Transfer steaks to a platter; keep warm. To prepare sauce, add onion and garlic to pan and sauté 2 minutes. Stir in brandy, stock and mustard. Simmer until liquid is reduced by half. Stir in cream. Bring to a boil, reduce heat and simmer until sauce is thickened, about 5 - 7 minutes. Stir in salt. Spoon sauce over steaks and serve immediately. Serves 6.

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