

# Chef Benoit's Steak au Poivre

For a taste of France in your own kitchen, try Chef Benoit's recipe.

- Beef tenderloin steaks (8oz minimum each)
- 3 tablespoons cracked black pepper
- 1 minced shallot
- 1/3 cup white wine
- 1/3 cup cognac
- 1 cup heavy cream
- 1/2 cup veal demi-glace (optional)
- Butter and olive oil
- Salt



## Instructions:

1. Remove the tenderloin from the fridge at least one hour before preparing. Season with salt. Spread black cracked pepper on a plate, and press tenderloin cuts on four sides until it sticks.
2. In a skillet over medium heat, melt butter in olive oil. As soon as the butter is bubbling, place the steaks in the pan. Don't move them until you can see a crust of 1/4 inch from the bottom, then process on four sides. Remove the steaks from the pan and set them aside on a wire rack tent with foil.
3. In the same pan, add a tablespoon of butter and the minced shallot. Stir with a wooden spoon. When slightly translucent, deglaze with white wine and reduce until dry.
4. Out of the heat, carefully flambe with cognac. When flames die, add the veal demi-glace if you have some. If not, return the pan to the heat and pour in the heavy cream.. Bring the sauce to a boil and whisk until it coats the back of a spoon.
5. Add the steaks back to the pan and baste the steaks with the sauce. Plate and pour the rest of the sauce on the steaks.

“ I generally serve them with crispy French fries! ”

— Chef Benoit, StoryPoint Libertyville