

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Step-by-step Steak au Poivre

Dining out has its perks: the elegant surroundings; courteous servers; and, of course, no dish duty. The thing is, it's cold — really cold — here in Ohio, and the thought of venturing out into the frigid, dark night on Valentine's Day has some of us shivering in our wool sweaters. So we thought this year we would try something different.

Let's stay in, stay warm and dine in the comfort of home.

Make it special at home

"Will it be special enough for my Valentine?" We think so, especially if you're armed with the right recipe for a knock-their-socks-off homemade feast.

When it comes to success in the kitchen, Steak au Poivre seems to be a winner for dinner around these parts of town.

Step 1: Gather ingredients. It's a lot easier to prep before you start cooking than it is to hit pause later in the process. For this recipe we recommend dicing the shallot, cutting the butter and premeasuring wet



Ingredients

- 1 (16 oz.) CAB® strip steak
- 1 Tbs. whole peppercorn blend (black, white, red, green)
- 1 tsp. kosher salt
- 1 Tbs. vegetable oil
- 3 Tbs. butter (dice 2 Tbs. into small cubes and keep refrigerated)
- 1 Tbs. minced shallot
- ¼ cup brandy
- ¼ cup beef stock
- 1 tsp. Dijon mustard
- 2 Tbs. sour cream

and dry ingredients before heating the pan.



Step 2: Heat oil and a tablespoon of butter in a pan over medium-high heat (we like to use a cast-iron skillet). Crack peppercorns with the back of a skillet (or use precrushed peppercorns). Cut the 16-oz. strip steak in half. Press cracked pepper firmly into both sides of each steak and then season with salt. When butter begins to foam, place steaks in the pan and press down firmly so they get a nice brown crust. Lower the heat to medium, and sear 5 minutes on each side. *Be sure they're cooked to perfection and double-check degrees of doneness with a meat thermometer.*

Transfer cooked steaks to a clean plate and cover with foil to keep warm.



Step 3: Add shallots to the pan. Lift the pan away from the stove to add the brandy (no



need to lose your eyebrows), then return the skillet to the stove and medium-high heat.

Step 4: Let everything cook for a minute until the brandy thickens. Add the beef stock and bring the sauce back to a boil. Simmer until thickened to a sauce consistency. Whisk in the Dijon mustard, sour cream and cold butter. Add more salt if needed and remove from heat.



Step 5: Spoon the sauce onto plates. We recommend using your best China. It is Valentine's Day, after all!

Place your juicy, peppery steak on top and serve with a few of your sweetheart's favorite sides — maybe garlic mashed potatoes and several asparagus spears. Have the champagne chilling, too.

Enjoy!