

Steak au Povire

Steak & Sherry Cream Sauce

Serves 2

- 2 steaks 13 mm – 2.5 cm thick
- Black peppercorns, crushed
- Canola oil
- 60 ml sherry
- 1 T brandy (optional)
- 60 ml heavy cream
- Salt



1. Pulse **peppercorns** in food processor, or put them in a plastic bag and crush them with a rolling pin. Pieces should be roughly $\frac{1}{4}$ of the size of a normal peppercorn. Can also use already ground pepper, but use much more sparingly! Very lightly pepper, rather than heavily coat.
 2. Preheat oven to **220°C**, letting steaks come to room temp as they do.
 3. **Salt** both sides and lay steaks into crushed black peppercorns to fully coat one side of each steak.
 4. Once oven is ready, preheat an oven-safe skillet, just barely covering the bottom in a thin layer of oil.
 5. Place steaks in skillet, pepper side down, and let cook on medium heat until the cooked edge comes 6 -13 mm up the sides.
 6. Flip and place the pan in the oven. Cook until the temperature of choice. For thicker steaks to get to medium rare it will be **about 4-5 minutes**, thinner steaks will take **about 3-4 minutes**.
 7. Remove steaks from oven and pan, place on a cutting board covered in foil to let **rest for about 8 minutes**. Meanwhile, make the sauce in the pan.
 8. Pour **sherry** and **brandy** (if using) into the pan and **reduce by $\frac{1}{2}$ for about 2-3 minutes**.
 9. Add in heavy **cream** and turn heat to **medium low** so the cream won't separate.
 10. Simmer for **another 1-2 minutes** and season as necessary with **salt**. The sauce should be quite thick – if it still needs to reduce, simmer for another minute or so.
 11. Slice and plate the meat and drizzle with the sauce.
- To cook with roasted vegetables (broccoli, cauliflower, red onion, garlic cloves, etc.), place in the **220°C** oven **15 minutes** before cooking the steaks and remove when slicing the steaks. Everything should come out at the same time.
- When cooking the steaks and making the sauce, make sure there isn't a lot of oil in the pan. If there is too much oil when cooking, it will splatter everywhere. Drain out any grease once you take out the steaks. The black bits stuck to the pan are great, but not the grease.