EASY HIGH PROTEIN RECIPES

STEAK AU POIVRE: COOKING CARD

A one-skillet peppercorn steak & cream-sauce planner | Serves 2

SHOPPING LIST

- [ ] 2 NY strip steaks (8–10 oz each, about 1–1¼ inches thick)
- [ ] 1 tbsp whole black peppercorns + ¾ tsp kosher salt
- [ ] 1 tbsp neutral oil + 1 tbsp unsalted butter
- [ ] 1 small shallot, finely chopped
- [ ] ⅓ cup low-sodium beef broth + ½ cup heavy cream
- [ ] Optional: ¼ cup Cognac/brandy (or another ¼ cup broth)
- [ ] Optional: 1 tsp Dijon mustard

STOVETOP TIMELINE

- [ ] 1. Pat steak very dry; coarsely crush peppercorns.
- [ ] 2. Season with salt; press crushed pepper on both sides.
- [ ] 3. Heat oil in a skillet; sear on both sides. Turn as needed.
- [ ] 4. Use a thermometer: 145°F minimum; rest 3 minutes.
- [ ] 5. Lower heat, soften shallot in butter in the same pan.
- [ ] 6. Add broth and optional brandy OFF HEAT; simmer briefly.
- [ ] 7. Add cream; reduce gently until it lightly coats a spoon.
- [ ] 8. Serve sauce over rested steak. No flambé is needed.

SAUCE FIXES & SAFETY CHECK

- [ ] Sauce too thin? Simmer gently, stirring; allow it to reduce.
- [ ] Sauce too thick? Whisk in broth one tablespoon at a time.
- [ ] Pepper too strong? Add a splash of cream; adjust gradually.
- [ ] Refrigerate leftovers within 2 hours; use within 3–4 days.

Beef steak: minimum 145°F (63°C), then rest 3 minutes • USDA / FoodSafety.gov

Cooking times depend on cut, thickness and pan heat; use a thermometer.