



Raider Red Meats **Steak au Poivre**

Ingredients

- 1 Tablespoon crack black pepper
- 4 Beef tenderloin steaks or rib eye steaks cut 1 inch thick**
- 2 Tablespoons margarine or butter
- 2 Tablespoons brandy or beef broth
- 1/3 Cup whipping cream
- 1/3 Cup beef broth
- 2 Teaspoons Dijon-style mustard (optional)

Instructions

Use your fingers to press the pepper onto both sides of the steaks. In a large skillet cook the steaks in hot margarine or butter over medium heat to desired doneness, turning once. (Allow 8-11 minutes for medium rare or 12-14 minutes for medium.) Transfer steaks to a serving platter, reserving the drippings in the skillet. Keep warm.

For the sauce, stir the 2 tablespoons of brandy or beef broth into dipping, stir in whipping cream and the 1/3 cup beef broth and if desired the mustard. Cook and stir for 4-5 minutes or until the mixture is reduced to 1/2 cup. Pour over steaks.

Makes 4 servings.

Nutritional Facts Per Serving

289 cal, 20g total fat (8 sat. fat), 91 mg chol, 246 mg sodium, 2g carb, 0 g fiber, 23 g pro.
Daily values: 15% vit. A, 3% vit. C, 2% calcium, 21% iron.

The Beef Tenderloin has exceptional taste and tenderness and is the most flexible cut on the carcass. It is best prepared with any dry heat cooking method including roasting, grilling, sautéing and smoking. The tenderloin is also a great cut for poaching. When purchasing the tenderloin, remember to consider final yield instead of price-per-pound. Cuts costing more per pound may actually be better buys once you account for labor and lost fat-weight