



Pepper Encrusted New York Strip Steak with a Velvet Cognac Sauce

Serves: 4



"I believe in simplicity and execution and just seeing the process through. I don't care for a lot of "fluff" on the plate. This approachable French dish known affectionately as au Poivre (pepper encrusted) truly speaks to that sentiment. If I had to pick a handful of dishes to cook for the rest of my life, this timeless classic would make my list. This dish comes together quickly, and though filet mignon is typically the cut of choice, a modestly cut bone-in New York is a wonderful cost-effective substitution." - Chef Luke

Tools: Mallet, Instant-read thermometer, Lighter, Cast iron pan, Wooden spoon.

Tips Before the Meat Hits the Heat

1. Sprinkle 3/4 tsp per pound Coarse Kosher Salt over the steaks up to 2 days ahead of time and place on a sheet pan, uncovered in the refrigerator.
2. When you are ready to prepare this dish, remove the steaks two hours prior to placing it on a plate or pan at room temperature before grilling so it has a chance to relax and warm up

Ingredients:

Two 12-16oz Bone in New York Strip Steaks
(No need to modify recipe if you are only using one steak, there will be more sauce to enjoy with french fries.
Coarse Kosher Salt

3 T whole peppercorns
1-2 T unsalted butter
1 tsp olive oil
1/3 Cup Cognac (or add to taste)
1 Cup heavy cream

Directions:

1. Place peppercorns in a zip top bag and crush them with a mallet, pan, or rolling pin. Make sure they are coarsely broken, not crushed fine. Apply a very light layer of salt (you don't want to oversalt!). Push in the peppercorns into one side of your strip steak.
2. Over medium heat, melt the butter and olive oil together. Cook until a golden color appears. Gently place your steaks in the pan being careful not to lose the peppercorns. Cook approximately four minutes per side; remembering to cook to temperature using your thermometer, not a time, to your preferred doneness. Remove steaks from heat 5° before desired doneness. Place on a wood cutting board, tented in foil, to rest.
3. Drain the excess fat, DO NOT SCRAPE THE FOND from the pan. Off-heat with great care, add cognac to the pan and light with a long lighter. Once the flames die out put back over medium heat. Add the cream, bring to a boil, and whisk until desired consistency is achieved. *(I like a thicker sauce so 7-8 minutes.)* You should be able to leave a trail in the pan if you drag your wooden spoon through. *(if you don't taste enough cognac add 1/2 tablespoon at a time until you are pleased.)*
4. To serve, place steaks on a plate peppercorn facing up with a serving of french fries, Lastly, with a serving spoon dress your steak with your beautiful cognac pan sauce. ENJOY!

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