

# Jason Pettit – Capital Radio Recipe



## **Classic Steak au Poivre (*steak in peppercorn sauce*)**

The quintessential French Bistro recipe – traditionally uses sirloin or rump steak but for this recipe, I am upgrading to fillet steak!

The classic recipe does not use any cream, but the sauce is finished with butter for a silky-smooth rich texture.

Pair with chips and a simple green salad.

### **Ingredients**

|   |      |               |                          |
|---|------|---------------|--------------------------|
| 4 | each | fillet steaks | (180 grms approx.)       |
| 4 | Tbsp | vegetable oil |                          |
| 2 | lrg  | garlic cloves | (peeled & finely sliced) |
|   |      | salt to taste |                          |

### **Sauce Ingredients**

|    |       |                   |                                 |
|----|-------|-------------------|---------------------------------|
| 2  | Tbsp  | black peppercorns | (18 grms approx.)               |
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| ½  | small | onion             | (65 grms approx.- finely diced) |
| 4  | Tbsp  | apple juice       | (72 grms approx.)               |
| 10 | Tbsp  | beef stock        | (180 grms approx.)              |
| 75 | gram  | butter            | (unsalted & cubed)              |

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## **Method**

Place sliced garlic and oil into a dish large enough to hold the steaks. Add the steak and turn to coat in the garlic oil. Press the steaks lightly until they are of an even thickness – approx. 2cm.  
Cover and set aside for at least an hour.

Coarsely crush the peppercorns in a pestle mortar.

Remove the steaks from the garlic oil. Press the cracked peppercorns onto both sides of the steaks evenly. Season with salt.

Heat a large skillet / pan over a high heat until very hot.

Carefully place the steaks into the pan and leave until a golden crust has formed.

Turn the steaks – try to move to a different part of the pan and leave until a golden crust has formed.

Lower the heat to medium and cook to desired level is achieved.

Remove steaks and place onto a warm plate, cover and leave to rest.

Return the skillet / pan to the heat and add ½ of the butter.

Once the butter has foamed and started to brown add the finely diced onion and sauté until soft.

Add the apple juice and bring to the boil – scrape the base of the pan to release any stuck bits.

Add the beef stock and bring to the boil and cook for 1 minute.

Turn the heat off and whisk in the cubed butter.

Taste and season with salt if required.

Slice the steaks and plate with a Tbsp of sauce over and serve with sauce on the side.

Notes from the chef:

*If you prefer your steaks to be cooked more than medium, then finish cooking them in an oven set to 180°C.*

*You can use the base of a saucepan to press down on the peppercorns wrapped in a tea towel to crush them.*

*Rib eye steak can be used instead of fillet steak.*

*The beef broth should be low salt / sodium – chicken broth works as well.*

*You can use green peppercorns instead of white, but rinse well and roughly chop with a knife.*

*Use a plastic coated or silicon whisk in a metal pan.*

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## **Notes from the chef for a Vegan Version;**

### **Option 1**

*Replace the steak with portobello mushrooms.*

*Remove the stalk and finely dice – this can be added with the onions.*

*Wipe the top of the mushrooms with paper towel to clean.*

### **Option 2**

*Remove the stem from a whole cauliflower and then slice into 1inch discs.*

*These will need to be finished in the oven for approx. 25+/- minutes after searing.*

### **Option 3**

*Cut firm tofu into thick slices.*

*Ensure to drain the tofu well and lightly press the slices between a clean tea towel before marinating.*

*Replace the beef stock with vegetable stock.*

*Replace the butter with vegan butter.*

*Alternatively, blend 100gram of silken tofu with the vegetable stock for a creamy rich sauce.*

Tbsp - tablespoon

Tsp – teaspoon