

Sleep. Love. Eat.

Simple Steak Sauce*

Ingredients:

- 4 Filet Mignon (Grass-fed if you can get 'em)
- Sea Salt (to taste)
- Fresh Ground Black Pepper (to taste)
- 3 ½ Tablespoons Butter, divided**
- 1 ½ Tablespoons Olive Oil**
- ¾ cup chopped Shallots (3 to 4 Shallots)
- 1 cup Beef Broth
- ½ cup good Cognac or Brandy

Instructions:

- Sprinkle filets with Sea Salt and Fresh Ground Black Pepper on both sides. Allow to rest at room temperature for about 15 minutes.
- Heat 1 ½ tablespoons of the butter and the oil in a large sauté pan over medium-high heat until the butter almost smokes.**
- Place the steaks in the pan and lower the heat to medium. Sauté the steaks for about 4 minutes on 1 side and 3 minutes on the other side, for medium rare. Remove the steaks to a serving platter and cover tightly with aluminum foil.
- Add the shallots to the pan and cook over medium heat for 2 minutes.
- Add the beef broth and cook over high heat for 4-6 minutes, until reduced by half, scraping the brown bits from the bottom of the pan.
- Add the Cognac or Brandy and cook for 2 more minutes.
- Remove the pan from the heat and add the remaining 2 tablespoons of butter.
- Serve the steaks hot with the sauce poured on top.

**Recipe copyright 2004, Barefoot in Paris (Barefoot Contessa). Originally called Filet of Beef au Poivre.*

***If you're concerned about using butter or olive oil, which typically are not recommended for high heat cooking, I recommend substituting both with Ghee instead.*