



FILET AU POIVRE by Fleming's Executive Chef Russell Skall



Originally developed in France in the early 1900s, "au Poivre" (or "made with pepper") is one of the world's best known and most popular steak preparations. The "au Poivre" technique involves covering a Filet top and bottom with cracked peppercorns, then searing it to form a peppercorn crust. The dish is typically served with a creamy sauce made with the delicious pan drippings. I've added roasted red peppers on the top for an extra flash of color, flavor and texture.

—Executive Chef Russell Skall

Ingredients:

2 filet mignons (approx. 6 to 10 oz.)
2 Tbsp. butter
2 tsp. fresh cracked pepper
Red bell pepper
Peppercorn sauce
Salt

Preparation:

Season steaks with salt. Press the fresh cracked pepper onto both sides. Place 1 Tbsp. of butter in a hot pan and sear filets 2 - 3 minutes on each side to get proper color. Finish cooking under the broiler to preferred doneness.

Cut red bell pepper in half and place skin side up on a baking sheet. Place the baking sheet in oven about 4 inches below broiling unit. Broil until skins are blackened. Take out the pepper and wrap it tightly in aluminum foil for about 15 minutes to steam and loosen the skin. When cool enough to handle, scrape off the skin and remove the seeds. Cut into 1/4 inch wide x 2 inch long strips.

To serve:

Ladle the peppercorn sauce on the plate and set the Filet on the sauce. Twirl the pepper strips on top of each Filet.

PEPPERCORN SAUCE (1 cup)

Ingredients:

3 oz. inexpensive red meat
Kosher salt
1 Tbsp. coarse black pepper
2 tsp. olive oil
1/2 cup shallots, cut into 1/8 inch slices
1/4 tsp. dry thyme
1/2 cup red cabernet wine
1 cup water
1 package McCormick brown gravy mix
1/2 cup heavy cream
1 Tbsp. butter, cut into 1/4 inch pieces

Preparation:

Cut the meat into 1 x 1 inch pieces removing most of the fat and season with salt and pepper. In a sauce pot set on med-high heat, add the olive oil; when hot add the seasoned meat and cook for 8-10 minutes to a dark crusty color. Add shallots and thyme to the meat and sauté for 3-4 minutes. Add the red wine and reduce by half. Add water and bring to a boil. Stir in brown gravy mix and cook for 2-3 minutes until well blended. Reduce heat and add the heavy cream and cook for an additional 4-5 minute until sauce coats back of spoon. Remove from heat and stir butter into sauce. Strain mixture into clean container. Reserve the cooked meat for another meal if desired.