

# Steak au Poivre

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-filet-steak-recipe>

## Ingredients:

- 10 ounces filet
- 5 ounces steak
- 2 tablespoons black pepper cracked or crushed
- 2 tablespoons olive oil
- 3 tablespoons unsalted butter
- 1/4 cup chopped shallots
- 1 tablespoon fresh thyme leaves
- 1/3 cup cognac or brandy
- 1/2 cup heavy cream
- 1 tablespoon Dijon mustard

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 145 milligrams
4. Fat: 59 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 29 grams
8. Sodium: 35 milligrams

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