

## Steak with Pan Sauce →

**PREP** 20 minutes **STAND** 30 minutes

**ROAST** 10 minutes at 400°F

- 2 beef top loin or ribeye steaks, cut 1 to 1½ inches thick, or 4 beef tenderloin steaks, cut 1 to 1½ inches thick (1½ to 2 lb. total)
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 6 Tbsp. cold unsalted butter
- ½ cup dry red wine or apple juice
- ⅓ cup reduced-sodium beef broth
- 3 Tbsp. finely chopped shallot or 2 cloves garlic, minced
- 2 Tbsp. whipping cream

1. Allow steaks to stand at room temperature for 30 minutes. Preheat oven to 400°F. Trim fat from steaks. Pat steaks dry with paper towels. Sprinkle the kosher salt and pepper over all sides of steaks; set aside. Heat a large oven-going skillet over medium-high heat. Add 2 tablespoons of the butter to hot skillet; reduce heat to medium. Add steaks; cook about 4 minutes or until browned, turning once halfway through cooking time. Transfer skillet to oven. Roast, uncovered, for 10 to 13 minutes or until medium-rare doneness (an instant-read thermometer registers 145°F when inserted in centers of steaks). Transfer steaks to a serving platter. Cover with foil; let stand while preparing sauce.

2. For pan sauce, drain fat from skillet. Add wine, broth, and shallot to skillet. Bring to boiling, scraping up any crusty browned bits from bottom of skillet. Boil gently, uncovered, over medium heat about 6 minutes or until liquid is reduced to about ¼ cup.

3. Whisk in whipping cream. Boil gently for 1 to 2 minutes more or until slightly thickened. Whisk in the remaining 4 tablespoons butter, 1 tablespoon at a time, whisking until butter is melted and sauce is thickened. Serve steaks with pan sauce. **Makes 4 servings.**

**PER SERVING** 529 cal., 39 g fat (19 g sat. fat), 173 mg chol., 437 mg sodium, 3 g carb., 37 g pro.



### Add Even More Flavor!

Try stirring in 1 teaspoon snipped fresh herbs or 1 teaspoon Dijon-style mustard with the shallot. Or, add 1 teaspoon balsamic vinegar or 1 teaspoon rinsed and drained capers into the finished sauce.