

4 SERVINGS

4 fillet steaks, about 180 g (6½ oz) each
50 g (1¾ oz) unsalted butter
1 tablespoon olive oil
1 clove garlic, finely chopped
1 tablespoon plain (all-purpose) flour
125 ml (4 fl oz/½ cup) white wine
125 ml (4 fl oz/½ cup) beef stock
2 tablespoons green peppercorns in brine, drained
60 g (2¼ oz) thick (double/heavy) cream

» steak with green peppercorn sauce

Pound the steaks lightly until they are an even 1 cm (½ in) thickness all over. Season both sides well with salt and pepper and set aside for 30 minutes.

Heat the butter and oil in a large heavy-based frying pan over high heat. When the butter is sizzling and almost smoking hot, but not burnt, add the steaks and cook for just 2 minutes on each side. Remove from the pan.

Add the garlic to the pan and cook for just a few seconds or until aromatic but not burnt.

Add the flour and stir to combine with the pan juices, scraping the bottom of the pan to remove any sediment. Add the wine and stir for 1 minute or until thickened, then add the stock and peppercorns and bring to the boil, stirring regularly. Reduce the heat to low and simmer for 2 minutes, then add the cream, season to taste and stir until well combined. Return the steaks and any resting juices to the pan for a minute, turn to coat in the sauce, then serve.