

RIB EYE STEAK (Au-Poivre)

F EASY

Last Modified: 06/11/2015

PREP: 1+ Hrs
COOK: 23 Min
STOVETOP OVEN 375

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Rib Eye Steaks (1"+ Thick) (Bone-In)	Trimmed
2	Tbsp	Coarsely Cracked Black Pepper	
2	Sprigs	Fresh Rosemary	
1 +/-	Pinches	Kosher Salt	To Taste
1	Recipe	Brandy Au-Poivre Sauce (Below)	
OR			
1	Recipe:	Sauce - Cognac Steak Sauce (Au-Poivre)	

AU POIVRE SAUCE			
1/2	Cup	Brandy (E&J VSOP Reserve)	
1	Cup	Heavy Cream	
2	Tbsp	Champagne Vinegar (Napa Valley)	
2	Tbsp	Unsalted Butter	

PREPARATION	
FACTOID	This assumes two very thick 1 to 1 1/2 inch thick Prime or Choice nicely marbled Rib Eye Steaks, each large enough for two people. The thickness is determined by the diameter - a smaller diameter Steak should be cut thicker in order to generously serve two people.
DRY AGEING BEEF	Pat the Rib Roast dry with paper towels, hand rub the entire surface with Kosher Salt and place it on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for a minimum of 1 day and a maximum of 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (REALLY funky looking) before cooking. Odds are you will not have to trim it at all. An 8 pound roast will lose well over 1/2 pound during this most important process.
TOOLS	1) Large Cast Iron Ribbed Griddle OR Large Cast Iron Ribbed Skillet With Sides 2) Instant Read Thermometer 3) Wire Rack
PREP	1) Preheat the oven to 375 degrees with a rack just below center.
1	1 Hour Before: Pat the Steak dry with a paper towel and season it generously on all sides with Salt. Rest the Steak on a wire rack until it comes to room temperature.
2	Crush the Black Peppercorns very coarsely. Sprinkle the Peppercorns generously on both sides of the Steaks, Pressing with your fingertips so they adhere.
3	Heat a large dry cast iron pan or ribbed griddle over VERY high heat. Add the Steaks to the hot pan. Cook steadily, reducing the heat to medium high if it threatens to burn, until the Steak caramelizes deeply on the bottom, 3 to 4 minutes. As soon as the Steaks self-release, flip them over and cook them for another 3 minutes.
4	Transfer the pan to the oven and roast the Steak for 3 to 5 minutes more, or until it's internal temperature in the thickest part reaches 125 degrees for medium-rare, or cook until the desired doneness is reached.
5	Remove the Steak pan from the oven and transfer the Steaks to a cutting board; cover them with aluminum foil to keep them warm.

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6	AU-POIVRE SAUCE: Carefully add the Brandy into the pan and ignite it with a long kitchen match while gently shaking, to burn off the alcohol and it self-extinguishes. Put the skillet back over medium heat. Add in the Cream, and Vinegar, and simmer it until very thick, about 5 minutes. Stir in the Butter for a glossy look just before serving.
7	Slice the Steaks at an angle, cutting it into 1/4 inch thick slices.
SERVE	Arrange the Steak Slices in order back on the serving platter and drizzle the center heavily with the chosen hot Au-Poivre Sauce.