

Peppered Steak with Mushrooms & Red Wine Pan Sauce

Servings: 2

Adapted from www.wholefoodsmarket.com

Ingredients

12 oz boneless New York strip
1/2 teaspoon fresh ground black pepper
1/4 teaspoon fine sea salt
3 teaspoons butter, divided
8 ounces sliced cremini mushrooms
1 large shallot, chopped
1/2 cup dry red wine
1/3 cup beef broth

Preparation

- 1) Pat steak dry and season with salt and pepper. Set aside.
- 2) In a medium skillet, heat 1 teaspoon butter over medium-high heat until hot. Add mushrooms and 1 tablespoon water. Cover and cook about 5 minutes or until mushrooms release liquid and start to become tender, stirring occasionally. Uncover and cook 3 to 4 minutes longer or until mushrooms are tender and golden. Transfer to a bowl.
- 3) Melt 1 teaspoons butter in the skillet over medium-high heat. Add steak and brown on all sides, until done to your liking. Remove and cover to keep warm.
- 4) Add shallot to the skillet and cook until starting to brown, 30 seconds to 1 minute, stirring. Add wine and stir, scraping up brown bits from bottom of pan. Cook until reduced by half, about 3 minutes.
- 5) Stir in broth and bring to a simmer. Cook until reduced by half, about 3 minutes longer. Remove from heat and whisk in remaining 1 teaspoon butter just until it melts. Slice steak and divide among 2 serving plates. Toss mushrooms with red wine sauce and spoon over steak.