

## Whimwood Estate Shiraz – paired with Steak au Poivre



### Ingredients:

400 grams of eye fillet  
30ml vegetable oil  
400ml of Whimwood Estate Shiraz  
250ml of brandy  
35 grams of cracked black peppercorns  
400ml of double cream  
pinch of salt  
½ bunch of chopped fresh parsley

### Method:

Ask your butcher to ‘denude’ the eye fillet i.e. remove surface fat and cut into 2 x 200 gram steaks. Place cracked peppercorns into small bowl and incrust the steaks completely with the cracked pepper, pushing them firmly all over.

Put a small heavy based frying pan on the heat, add the oil and heat to very hot; just before smoke point.

Place steaks carefully in pan, there will be some flames so make sure you are aware!

Wait for moisture to come to the top of the steak and turn over; carefully pour in the red wine - there will be more flames!

When flames have subsided, pour in brandy and again there will be more flames! When the flames have subsided, pour in the cream.

The purpose of ‘flaming’ is to burn off the alcohol so the sauce will not be bitter.

Cooking of the steaks should take 10 to 15 minutes.

Add the parsley and salt to taste.

The sauce will be very rich and creamy but not spicy hot.

Serve with a light salad with lots of bread for dipping up the sauce and plenty of WHIMWOOD ESTATE SHIRAZ...

Chefs Note:

If you have a BBQ hob, it may be safer to use for the first time, so you can gauge how high the flames rise.

**Executive Chef, Greg McDonald** – “This Steak au Poivre was the most popular meal served in French Bistro’s around the Melbourne Markets, where I worked as a young chef in the 1980’s. Please enjoy!” Greg McDonald

Greg re-created this recipe for Whimwood Estate Wines; it is delicious and a perfect pairing with Shiraz.... Thanks Greg!