BRITISH · SAUCE

Creamy Peppercorn Sauce for Steak

40 min · Makes 8 × 2 tbsp · 71 kcal a portion · Video 3:49 · Waitrose & Partners

Gluten-free ingredients · Nut-free

Thickened by reducing beef stock rather than with flour, and only 100 ml of cream for the whole batch: 2 tbsp give about 70 kcal and 2 g of net carbs, so it suits a keto plate.

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients

9 · MAKES 8 × 2 TBSP

- [ ] 1 tbsp **rapeseed or sunflower oil**
- [ ] 1 medium **shallot**, finely chopped
- [ ] a pinch of **salt**
- [ ] 1 clove **garlic**, crushed or finely grated
- [ ] 1 tbsp **black or green peppercorns**
- [ ] 2 tbsp **brandy** (leave it out for no alcohol)
- [ ] 2 cups **fresh beef stock**
- [ ] ½ cup **whipping cream**
- [ ] 2 tsp **Dijon mustard**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cook the shallot in the oil with a pinch of salt over medium heat for about 5 minutes until soft and sweet. Grate in the garlic near the end so it doesn't burn. 0:26
2. Add the peppercorns, then the brandy, and let it bubble for a moment or two until it looks a little syrupy. 1:12
3. Pour in the beef stock, turn up the heat and boil until it has reduced and thickened noticeably. 1:40
4. Stir in the cream and Dijon mustard and simmer gently (not boiling) for about 20 minutes, until a spatula drawn through the sauce shows the base of the pan for a moment. 2:26
5. Taste before adding more salt — the reduction concentrates the flavour. Serve with steak, or cool and keep in the fridge for up to 3 days and reheat gently. 3:10

> **Tip** Use fresh or homemade stock, or a low-salt one: stock cubes turn very salty when reduced. Waitrose doesn't give a yield; we estimate about 1 cup, 8 portions of 2 tbsp.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
71 kcal	**0.8** g	**2.5** g	**0.4** g	**6.3** g	**200** mg
300 kJ	2% of a day	2.1 g net · 1 g sugars 1% of a day	1% of a day	3 g saturated 8% of a day	9% of a day

Energy from net carbs 12% · protein 5% · fat 83% — fits keto: 2.1 g net carbs, 83% of the energy from fat

Source of (10–19%) Omega-3 12%

Recipe and video: Waitrose & Partners (@waitroseandpartners) on YouTube — youtube.com/watch?v=FPRvZwx5Ris, published 9 February 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-peppercorn-sauce-for-steak