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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Sirloin Steak in Cognac Sauce

¾ lb sirloin steak	½ cup chicken broth
Olive oil spray	1 tablespoon Dijon mustard
Salt & fresh ground pepper	3 tablespoons heavy cream
4 tablespoons cognac	Watercress for garnishing

1. Cover both sides of steak with olive oil spray. Heat a small, nonstick skillet on medium-high and also spray this with olive oil. Brown steak 2 minutes – reduce heat to medium if steak browns too quickly. Turn steak over and salt and pepper the cooked side. Brown for 2 more minutes.
2. For a 1-inch thick steak, continue to cook about 6 more minutes for medium-rare, turning every 2 minutes. Adjust time for thinner steaks. A meat thermometer should read about 145° for medium-rare or 160° for medium. Remove steak to a cutting board and cover to keep warm.
3. Add cognac to the skillet and deglaze the pan by scraping up the brown bits (note: if skillet is too hot, cognac will evaporate almost immediately!) Cook to reduce cognac by half, then add chicken broth. Raise to high heat and again reduce by half, 2 minutes or more.
4. Add mustard and blend. Remove from heat and stir in cream, adding salt & pepper to taste.
5. Cut steak into ½-inch slices and place on serving plates. Cover with sauce, and garnish with watercress or other fresh greens. Serves 2.

Serve with rice, cous cous, or potatoes, fresh vegetables and warm French bread.

If you don't have any cognac on hand, try brandy, scotch, or dark rum.

Adapted from AZ Republic, 01/05



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