New Soul Kitchen CLEO TV Chef of Love 302



**Yield: 4 servings** 

## Black & Pink Peppercorn Crusted Petite Filet with Whisky Glaze

Recipe Courtesy of Chef Jernard Wells

## **Ingredients**

4 (4-ounce) petite filets

Kosher salt

½ cup pink and black peppercorns \*you can buy these pre-mixed

½ cup olive oil

6 large garlic cloves, divided

4 tablespoons butter, divided

3 sprigs fresh thyme

3 sprigs fresh rosemary

½ cup brown sugar

½ -¾ cup Tennessee whisky

Cracked black pepper

## **Method:**

- 1. Pour the peppercorns into a large bowl. With your fingertips, press down on the peppercorns to break up the pink ones a little. Press the steaks into the peppercorns so they are coated in them.
- 2. Heat the olive oil in a large cast iron skillet over medium high until the oil starts to smoke slightly.
- 3. Roughly chop 3 garlic cloves and add them to the hot oil. After a few seconds, the garlic should start to brown. Carefully place the steaks in the pan—some of the peppercorns will fall off, but try not to lose too many. Sear for about 2-3 minutes on one side, then flip them over and sear for roughly the same time on the other side.

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- 4. Add 2 tablespoons of butter, thyme, rosemary, and the remaining 3 cloves of garlic to the pan and continue searing the steak until golden brown on the other side.
- 5. Carefully tilt the pan (wrap a towel around the handle if needed) to gather the sauce at one corner. With a large spoon, baste each steak with the hot bubbly butter. Cook until desired internal temperature is reached. Medium rare 130 to 135 degrees, medium 135 to 145 degrees, well done 155 to 160 degrees.
- 6. Remove the steaks, herbs, and garlic from the skillet and allow the steaks to rest on a plate for 5 minutes.
- 7. Add the remaining 2 tablespoons butter to the pan and melt over medium high to high heat, making sure not to burn.
- 8. Add the brown sugar and stir to dissolve into the butter. Carefully pour in the whisky and stir to combine. The sauce should start bubbling; lower the heat to medium, simmer and let the sauce reduce for 2-3 minutes. You will know when the sauce is ready when it appears thick and glossy.
- 9. Lay the steaks on a serving platter and pour some of the whiskey glaze over top. Serve with Decadent Creamed Spinach and extra glaze on the side.