

Lavender Provence Pepper Steak

Also Known As

| | | | |
|---------------|--------------|---------------------|------------------------|
| Course | Yield | Type of Food | Main Ingredient |
| Entrée | 4 servings | Meat | |

Comments

This is a great take on steak au poivre. The addition of the Herbs de Provence adds a lighter flavor to this meaty dish.

Prep Time 5 minutes **Cooking Time** 15 minutes **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

| Measure | Ingredient | Pre-Heat? <input type="checkbox"/> Yes | Temperature | Grease Pan? <input type="checkbox"/> Yes | Measure | Ingredient |
|---------|---|--|-------------|--|---------|------------|
| 4 | small sirloin steaks | | | | | |
| 1 Tbs. | Herbs de Provence | | | | | |
| 1 Tbs. | cracked black pepper | | | | | |
| 1 tsp. | cracked melange pepper (black, red, white, green peppercorn medley) | | | | | |
| | Sea salt to taste | | | | | |

Instructions

Sprinkle Herbs de Provence, black pepper, and peppercorn medley evenly on a baking sheet. Season steaks with salt, set steaks onto Herbs de Provence pepper mixture and turn to coat. Heat grill to medium high heat and grill steaks for 5-7 minutes on each side for medium rare. Let rest for 5 minutes before serving.