

## STEAK WITH MOREL CREAM SAUCE

*Serves 2 adults*

- 2 Steaks of your choosing
- 1/4 C. cognac, *(you could also use brandy, white wine, or whiskey)*
- 10 grams dried morels, +water to cover
- 2 cups cream
- 1 T shallot, diced
- 1 C. chicken or beef stock
- Kosher salt
- Fresh ground pepper
- 1 T unsalted butter
- High smoke point oil for searing (like grapeseed, canola, or rendered lard)



### **Directions**

Preheat the oven to 250°. Rehydrate and clean the dried morels by soaking them in cold water to cover until soft. Do this in something with a lid like a mason jar. Agitate the morels by shaking the jar to remove dirt and debris. Remove the morels with a slotted spoon and set aside. Strain the soaking water. Return the morels to their liquid and reserve.

Heat a cast iron or stainless steel pan until lightly smoking, you may want to open a

window. Season the steaks with salt and pepper, then sear the meat on high heat until golden brown on each side, then put the steaks on a wire rack on a cookie sheet and place in the oven just to warm them through gently and prevent overcooking.

Remove the oil from the pan, with a cloth or towel, but leave the brown bits or “fond”, since it will become the base of your sauce. (Cooking at the high heat has caused the oil to smoke and decompose, allowing it to become part of the sauce would make it taste like kerosene.)

While the steaks are slowly heating in the oven, add the butter and shallots to the pan and stir to remove the brown bits. Cook for 2 minutes, or until lightly colored, do not allow them to burn though.

When the steaks are done to your liking take them out of the oven and let them rest in a warm place. The steaks will give off juice as they rest, reserve this to add to the pan with the cognac and stock.

Deglaze the pan with the cognac, then cook until the pan is almost dry. Now add the morels and their liquor along with the chicken or meat stock, and steak juice, then cook until the pan is almost dry again, about 5 minutes. Add the cream, then reduce for a few minutes until it thickens. Season with salt and pepper, then remove the steaks from their warm place, such as a warm pan or the oven turned off. Serve the steaks with the sauce on the side.

*Credit: Alan Bergo, foragerchef.com*