

Pepper Steak in Mushroom Sauce



Makes:

4 servings

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet
12" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

Contributed By:

Chef Erling Theodorsen
Award-winning Norwegian chef
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Recipe Description:

Visit Chef Erling's [blog](#) for more delicious Norwegian recipes.

Entrée

Mushroom Sauce

4
mushrooms, sliced, use Cone 2
#4 $\frac{3}{4}$
cloves garlic, shredded, use Cone $\frac{1}{2}$
#1
cup cream or half-and- (180 mL) **Taffel Potatoes (optional)**
half capers (100 mL)
broth
salt and pepper, to taste

Directions:

1. Take steaks out of refrigerator at least 30 minutes prior to cooking.
2. Place onions, red peppers and mushrooms in small bowl.
3. Preheat 12" Chef's Gourmet Skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, place steaks in pan. Cook depending on desired doneness. Raw: 1 - 2 minutes each side; Medium: 3 minutes each side; Well done: 1 minute each side, then lower heat and cook 4 minutes each side.
4. When cooked, remove from skillet and allow meat to rest, about 10 minutes.
5. In the same skillet from which you've just removed meat, place vegetables from small bowl and stir-fry until tender-crisp.

Mushroom Sauce

1. Preheat 10" Chef's Gourmet Skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate place mushrooms in pan and cook until evenly browned, stirring occasionally.
2. Add garlic and cook approximately 2 more minutes.
3. Add cream and broth and lower heat to low. Let cook until thickened, stirring occasionally. Don't allow it to stick to bottom of pan. Salt and pepper to taste.

Taffel Potatoes, optional

1. Wipe out 12" Chef's Gourmet Skillet and place over medium-high heat. Place oil in pan and heat.
2. Add ½ of potatoes and fry until they are crispy, stirring occasionally. Remove from skillet and place on paper towel to drain. Sprinkle with salt and pepper.
3. Repeat with second half of potatoes.

Tips:

- To assemble dish, place 1/2 of the mushroom sauce in the middle of the plate. Place steak on top of sauce. If serving with taffel potatoes, place on top of steak. Serve immediately.

Nutritional Information per

▼ Serving

Steak and Mushroom Sauce

Calories: 409

Total Fat: 30g

Saturated Fat: 15g

Cholesterol: 119mg

Sodium: 253mg

Total 7g

Carbs:

Dietary Fiber: 1g

Sugar: 2g

Protein: 29g