

Peppered Beef Stroganoff

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1	tablespoon	coarsely ground pepper melange
3		8 oz beef tenderloin steaks
3	tablespoons	olive oil
1		red bell pepper - chopped
1 1/4	cups	beef broth
1	tablespoon	cognac or brandy
1/2	cup	whipping cream
1	tablespoon	dijon mustard
8 3/4	ounces	wide egg noodles
1/4	cup	fresh italian parsley - chopped

Sprinkle pepper and salt over both sides of steaks; press to adhere. Heat 1 tbspn oil in a large nonstick skillet over med-high heat. Add steaks; cook to desired doneness, about 4 minutes per side. Transfer to plate; tent with foil. Add 1 tbspn oil and red bell pepper and saute until just tender. Add broth and cognac; boil 2 minutes. Add cream; boil until slightly thickened, about 3 minutes. Whisk in mustard.

Meanwhile, cook noodles in pot of boiling salted water until just tender but still firm, stirring occasionally. Drain. Return to pot; toss with parsley and 1 tbspn oil. Season with salt and pepper. Divide among plates. Slice steak, place atop noodles. Spoon sauce over.