

## Steak Diane

By Emeril Lagasse

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Prep Time: 10 minutes

Active Time: 15 minutes

Total Time: 25 minutes

Servings: 2 to 4

### **Ingredients**

1 tablespoon unsalted butter

1/2 tablespoon extra-virgin olive oil

4 (3-ounce) beef tenderloin medallions, pounded 3/4-inch thick

Kosher salt

Freshly ground black pepper

1 small shallot, minced

1 garlic clove, minced

1/4-pound button mushrooms, sliced 1/4-inch thick

1/4 cup Cognac or other brandy

2 teaspoons Dijon mustard

1/4 cup heavy cream

1/4 cup veal demi-glace\*

2 teaspoons Worcestershire sauce

1 tablespoon finely chopped scallions

1 teaspoon finely chopped fresh flat-leaf parsley

Hot sauce, such as Tabasco

### **Directions**

1. Gather the ingredients.
2. In a large skillet, melt butter with olive oil. Season meat with salt and pepper to taste and cook over high heat until lightly browned on the bottom, about 1 minute. Turn medallions and cook for 45 seconds longer, then transfer to a plate and tent with foil.
3. Add shallot and garlic to skillet and cook over moderate heat, stirring, until fragrant, about 20 seconds. Add mushrooms, season with salt and pepper to taste, and cook until softened, about 2 minutes.
4. Remove pan from heat, add Cognac, and carefully ignite it with a long match.
5. When flames die down, add mustard and cream and stir over moderate heat for 1 minute.
6. Whisk in the veal demiglace, Worcestershire sauce, scallions, and parsley; season with salt, pepper and hot sauce to taste.
7. Add meat and any accumulated juices to saucepan and turn to coat. Simmer until heated through, about 1 minute. Transfer meat to plates, spoon sauce on top, and serve.

\*If you opt to use a [store-bought broth](#) (regular or low-sodium), add 1 teaspoon of powdered gelatin to the broth and let it sit. This will add body to the broth that homemade beef stock or store-bought bone broth has. I used beef bone broth that I found in the refrigerator section of the meat department at my local supermarket. When I opened the container, the broth had a gel like consistency.