



Delmonico Ribeye with Bordelaise Sauce

INGREDIENTS

22-24 oz. Delmonico Ribeye Steak
Kosher Salt & Black Pepper
2 tsp Canola or Peanut Oil
1 sprig Rosemary, fresh
2 sprigs Thyme, fresh
3 Garlic Cloves, smashed with the side of a chef's knife
2 tbsp High Quality Salted Butter, at room temperature
Bordelaise Sauce (recipe below)

PREPARATION

- Remove the steak from the refrigerator, season generously with good quality salt and pepper (or Pine Street Market Butcher Salt), and leave on the counter for one hour.
- Preheat the oven to 400°F.
- Heat a large sauté pan or 10-inch cast-iron skillet with oil over medium heat. Sear the steaks for 4 minutes on each side. Add the herbs and garlic to the pan and place into the oven. After 5 minutes of cooking, remove the pan from the oven and baste the steak with the herbs, garlic, and oil. Return the pan to the oven and use a digital meat thermometer to determine doneness. See the "Steak Cooking Tips" section for recommended temperatures.
- Remove the pan from the oven and discard the herbs and garlic. Transfer the steak to a cutting board and top with butter and allow to rest for 10 minutes. Slice the meat against the grain and serve with the Bordelaise Sauce, and classic side dishes like Delmonico Potatoes, Creamed Spinach, and Braised Wild Mushrooms.

Bordelaise Sauce

This classic French sauce, named after the Bordeaux wine region, is seen in steakhouses around the world and its rich, savory flavor pairs perfectly with a rich steak and potatoes. This recipe calls for Demi-Glace, a 2–3-day process of making and reducing homemade beef stock, and there is no shame in using a high-quality, store bought version!

INGREDIENTS

1 Shallots, roughly chopped
3 Garlic Cloves, roughly chopped
1 tsp Pine Street Market Summer Spice
2 cups Low Sodium Chicken Broth or Chicken Stock
1 cup Dry Red Wine
2 tbsp Beef Demi-Glace (either homemade or store bought)
4 tablespoon Butter, cut into 4 cubes

PREPARATION

- In a medium size saucepan combine shallot, garlic, Summer Spice, broth, red win, and demi-glace. Place over medium heat and bring to a simmer and stir to combine the ingredients.
- Reduce the liquid by half the original volume. Strain into a smaller pot, discarding the strained vegetables and herbs.
- Bring the liquid to a simmer and reduce to thickness that can coat the back of a spoon. Turn off the heat. One by one slowly stir in each cube of butter until melted to make a velvety, consistently emulsified sauce making sure to not have pools of melted butter. Serve immediately.

How to Cook Red Meat

Most of us were raised to fear raw meat. Under cook steak. You could get sick. Over cook a roast. You just ruined dinner. So, I love teaching people that cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing to rest on a plate on your counter for at least 30 minutes. It's okay! Searing will kill bacteria living on the surface of the meat. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear while being raw on the inside.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F) Pork temperatures should be between 145°F to 155°F. I recommend using a large display digital probe thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout.
- Keep it simple. Hopefully, you have selected a beautiful cut and will want to enjoy its natural flavors. Drowning with a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly seared meat. Go for a simple compound butter or finishing salt, just enough to compliment the natural flavor of the meat.
- Bone-in or Boneless? Bone-in is always best as the bone adds flavor and helps the meat retain its shape as it cooks.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak or roast; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.