



## Rosemary Pesto Lamb Steaks

### INGREDIENTS

2 Pine Street Market Hand Cut Lamb Steaks

¼ cup Olive Oil

2-3 Garlic Cloves

2 tsp Rosemary leaves

2 tsp Flat Leaf Parsley, roughly chopped

½ tsp Red Pepper Flakes (optional)

Kosher Salt & Cracked Black Pepper

3 sprigs Rosemary

- To make the pesto: In a food processor or blender, combine olive oil, garlic, herbs, and optional red pepper flakes, pulse to roughly chop. Reserve 1 tbsp of the pesto for garnishing.
- Remove the steaks from the refrigerator, toss in a bowl with the pesto, and leave on the counter for 30 minutes to an hour.
- Preheat grill to 400°F, direct heat or heat your cast iron skillet over medium high heat with 1 tbsp of canola oil. If using a cast iron skillet turn your oven broiler on high. When the grill reaches 400°F or the skillet begins to lightly smoke, you are ready.
- Remove the steaks from the pesto and season with salt and pepper.
- Add the rosemary directly to the coals or pan and sear the steak for 3 minutes on each side. Use a meat thermometer to determine doneness. If using the cast iron skillet, put the skillet and steaks into the oven to reach your desired doneness. See *How to Cook Red Meat* for recommended temperatures.
- Remove the steaks from the grill or pan. Top the steaks with reserved pesto and allow to rest for 10 minutes. Slice the meat against the grain and serve.

## 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.
- "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.