

B'S BUTTER STEAKS

INGREDIENTS:

- Steak, We like filets or NY Strip (must be at room temperature)
- 2 sticks of butter (don't judge)
- Balsamic Vinegar
- Sea Salt
- Pepper
- Minced Garlic
- Red Wine
- Fresh Thyme



DIRECTIONS:

Take your steaks out to come to room temperature, this is so important for a good sear and a correct level of doneness. Sprinkle the steaks with salt and pepper, then rub them with about a teaspoon of minced garlic on both sides. I then douse them in a balsamic vinegar to break down the meat a little. (Acid is so good for this, you can also use lemon if you prefer it.) I let that rest a bit.

I then heat my pan, a cast iron skillet is preferred, to med high until it sizzles when you sprinkle it with water. I put 4 tablespoons of butter to cover the pan, when it has become foamy it's ready! Add your steaks and let them sear for about 3-4 minutes, then flip and continue on the other side. On the second side I put in another 4 tablespoons of butter and about 8 sprigs of fresh thyme. After 4 minutes of searing, I then pour in a half cup of wine. If you like your steaks a little more cooked you can pop them in the oven at 425 degrees for 3-5 minutes. If you like them medium rare like us, go ahead and take them out and let them rest on a room temperature plate.

Note: I like to loosely tent my steaks with foil to keep them warm but not to steam them. You do not want to steam them.

If you want a reduction sauce from the steak's juices, which is a very french technique, I like to toss in about a tablespoon of garlic with the remaining juices. After the garlic is fragrant I add one fourth cup of wine and reduce it by half. This is beautiful to finish a steak with.

One day, one day, he will hand me his wallet and tell me I have mastered his stomach and I deserve diamonds... until then I will enjoy making butter steaks.