

Cana's Feast

WINERY

♥ February 2014 Cellar Club Party ♥

SEARED NEW YORK STRIP STEAK WITH PONZU GLAZE

PAIRED WITH 2010 MONTAGNA ROSSA, YIELD: 4 SERVINGS

STEAK INGREDIENTS:

4 NEW YORK STRIP STEAKS
SALT AND PEPPER

PONZU GLAZE INGREDIENTS:

1/2 CUP ORANGE JUICE
2 TABLESPOONS LEMON JUICE
1/4 CUP SOY SAUCE
2 TEASPOONS BROWN SUGAR
2 TABLESPOONS RICE WINE VINEGAR
1 TEASPOON GINGER, FRESH, MINCED
1/4 CUP BONITO FLAKES
1 1/2 TEASPOONS CORN STARCH
1 TABLESPOON WATER

METHOD:

1. Combine orange juice, lemon juice, soy sauce, brown sugar, rice wine vinegar, ginger and bonito flakes in a saucepan over medium heat for 10 minutes. Strain and return to a clean saucepan.
2. Bring the sauce to a boil. Stir the cornstarch and water together and add to boiling liquid to thicken it.
3. When thick, immediately remove from the heat and cool.
4. Meanwhile, season the steaks with salt and pepper and preheat a large cast iron skillet over high heat.
5. Once the skillet is hot, add the steaks and reduce heat to medium-high. Sear the first side of the steak well for 5-6 minutes. Turn and continue cooking another 4-5 minutes.
6. Remove steak from pan, brush the steak with ponzu glaze and allow to 'rest' for 4-5 minutes in a warm location or covered lightly with a piece of foil.
7. Slice the steak into 1/4 inch slices. Serve the steak shingled over rice mixed with sliced scallions and spoon 2 ounces of ponzu glaze over the top. Serve immediately.

* Recipe by Chef Wendy Bennett of Wine Country Cooking Studio *
winecountrycookingstudio.com