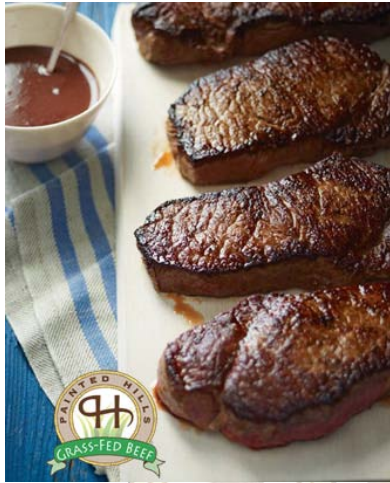


Grass-Fed New York Strip Steaks with Red Wine Sauce

Adapted from MarthaStewart.com



Ingredients:

- 3 TBSP olive oil
- 4 PHNB Grass-Fed New York strip steaks (10-11 oz. each; 1 inch thick)
see cooking tips below
- Coarse salt and freshly ground pepper
- ¼ cup full-bodied red wine, such as Syrah or Cabernet Sauvignon
- ½ cup beef stock
- 3 TBSP cold butter, cut into pieces
- 1 TBSP plus 1 tsp. Dijon mustard

Directions:

1. Heat half the oil in a large skillet over medium heat. Season 2 steaks with salt and pepper. Cook until deep golden brown and an internal temperatures of 120 – 135 degrees, about 4 minutes per side. Transfer to a platter, and tent with foil. Repeat with remaining oil and steaks. Let steaks rest in a 250 degree oven.
2. Reduce heat to medium, and add wine to skillet. Cook until almost completely reduced, about 5 minutes. Add beef stock, and cook until reduced to ¼ cup, about 2 ½ minutes. Reduce heat to low, and whisk in butter (1 piece at a time) and mustard. Stir in and juices from the platter, and season with salt and pepper. Spoon sauce over steaks.



▼ ▼ ▼ ▼ Grass Fed NY Strip Steak Cooking Tips ▼ ▼ ▼ ▼

- ▶ Bring your Grass-fed NY Strip steak to room temperature before cooking
- ▶ Pat dry so your Grass-fed steak will sear
- ▶ Do NOT overcook. Medium rare is recommended.
- ▶ Remove steaks from heat before temperature is reached as they will continue cooking as they rest
- ▶ Let your Grass-fed NY Strip Steak rest for at least 5 minutes before serving.