



Menu du Jour

23 Apr 06

Seared Ribeye Steak with Ginger Sauce
Roasted Asparagus with Sauce Béarnaise
Delmonico Potatoes
(Serves two)

Seared Ribeye Steak

The ribeye, also known as a Delmonico (after the 19th Century New York restaurant with the same name), is one of the most popular and expensive steaks on the market. Meat from the rib section has more fat (marbling) than other cuts and this extra fat makes ribeye steaks and roasts very tender and flavorful. (The original Delmonico steak, however, was not a ribeye but rather a 20-ounce boneless top loin steak.)

This presentation is complimented by a ginger steak sauce similar to the one served at Michael Jordan's 23 restaurant. Don't use a 12-year-old Aceto Balsamicodi Modena vinegar for this sauce, a good-quality balsamic vinegar is fine.

2 (8-ounce) ribeye steaks

Coarse kosher salt

Freshly cracked black pepper

Marinade:

3 cloves garlic, minced (about 1 tablespoon)

1/4 cup Worcestershire sauce

1 teaspoon dried oregano flakes

1 tablespoon olive oil

2 tablespoons balsamic vinegar

1/2 teaspoon freshly ground black pepper

1 teaspoon Louisiana-style hot sauce

Ginger Sauce:

1 tablespoon unsalted butter

1/4 cup finely chopped fresh ginger

1/4 cup finely chopped shallots

1/4 cup finely chopped carrots

1/4 cup finely chopped celery

1/2 cup balsamic vinegar

1 cup beef stock, homemade preferred

Coarse kosher salt and freshly ground black pepper, to taste



Prepare the marinade by combining the garlic, Worcestershire sauce, oregano, oil, vinegar, pepper and hot sauce in a small bowl. Place the steaks in a shallow container and pour the marinade over the steaks. Refrigerate, covered, for at least 1 hour, turning occasionally.

Meanwhile, prepare the ginger sauce by combining the butter, ginger, shallots, carrots and celery in a sauté pan over a medium heat. Cook, stirring often, until the vegetables begin to caramelize, about 6 minutes. Slowly add the vinegar to avoid splattering, reduce the heat and simmer until reduced by one-half, about 5 minutes. Add the beef stock, stir and simmer, stirring occasionally, for 10 minutes. Strain out the solids and keep the sauce warm.

Prepare the grill for medium-high direct cooking. Remove the steaks from the marinade and season to taste with salt and pepper. When the fire is hot, grill the steaks on one side for 4 minutes. Turn the steaks and finish cooking on the second side for another 3 minutes (for rare). Cook an additional 2 to 3 minutes for medium.

Remove the steaks from the grill and transfer to a clean plate to rest, loosely tented with aluminum foil, for 4 to 5 minutes to allow the juices to redistribute.

Roasted Asparagus with Sauce Béarnaise

Sauce Béarnaise is made with the same technique as Hollandaise Sauce except a reduction of wine, vinegar, shallots and tarragon is substituted for the lemon juice.

1/2 pound asparagus, trimmed

Olive oil

Coarse kosher salt

Freshly ground black pepper

For the sauce:

2 medium shallots, minced

1/4 cup dry white wine

1/4 cup tarragon vinegar

10 crushed black peppercorns

4 large sprigs fresh tarragon

Coarse kosher salt to taste

8 tablespoons (1 stick) unsalted butter

3 large egg yolks

Freshly ground black pepper, to taste

Prepare the sauce: Combine the shallots, wine, vinegar, peppercorns and tarragon in a saucepan and simmer over medium high until only 2 tablespoons of the liquid remains. Strain and discard the solids.

In another saucepan, melt the butter. Simmer rapidly to evaporate the water and allow the milk solids to congeal on the bottom. Skim off the foam on top and pour the melted butter through a cheesecloth-lined strainer. Using a double boiler over very low heat, whisk the eggs until



smooth. While whisking constantly, slowly add the clarified butter. Be careful not to scramble the eggs. When the sauce has thickened, whisk in the vinegar reduction. Season with salt and pepper. Keep the sauce warm.

Drizzle some olive oil over the trimmed asparagus and season with salt and pepper. Grill over medium-high direct heat, turning often, for 4 to 5 minutes or until the asparagus just begins to caramelize. Transfer to a serving dish and dress with sauce.

Delmonico Potatoes

Delmonico potatoes, as with many other recipes, have scores of variations with some even including rice. Some recipes use cubed potatoes, others use sliced. Reportedly the original 1830's recipe from Delmonico's Restaurant used shredded potatoes.

Four medium potatoes
1 tablespoon coarse kosher salt
1 cup Béchamel (white) sauce (recipe follows)
1/2 cup shredded Cheddar cheese
2 tablespoons freshly grated Parmesan cheese
1/2 cup buttered bread crumbs

Wash and peel the potatoes. Slice the potatoes into 1/4-inch slices.

In a large saucepan over medium heat, bring 6 cups of water to a boil. Add the salt and the potatoes. Return to a boil and cook for 6 to 8 minutes. Drain and shock the potatoes in an ice bath. (The potatoes will not be completely cooked.) Let the potatoes cool for at least 30 minutes and then drain well.

Prepare the Béchamel sauce and keep warm.

Preheat the oven to 425 degrees F.

Heat a large skillet over medium heat and add the potatoes and white sauce. Fold together gently and cook for 10 minutes, stirring occasionally. Remove from the heat.

Transfer the potatoes into a buttered casserole dish layering the potatoes and Cheddar cheese. Sprinkle top with the Parmesan cheese and the buttered bread crumbs.

Bake the casserole for about 20 to 30 minutes or until the cheese and potatoes are lightly browned.



Béchamel Sauce

2 tablespoons unsalted butter
2 tablespoons all-purpose flour
1 cup whole milk
1/2 teaspoon coarse kosher salt, to taste
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon white pepper, to taste
2 tablespoons heavy cream, optional

Melt the butter in a saucepan over low heat; stir in flour. Cook for 3 minutes, but do not brown. Whisk in the milk and continue cooking over low heat, whisking constantly, until the sauce begins to thicken. Season with salt, nutmeg and pepper. Add 2 tablespoons of heavy cream, if desired, for a richer sauce.

Cooking & Presentation



Caramelized Vegetables For The Ginger Sauce



Balsamic & Vegetables After Reducing



Delmonico Potatoes Hot From The Oven



Seared Ribeye, Roasted Asparagus & Delmonico Potatoes