
The Best Garlic-Pepper Steak

Description

These days, we're all trying to cut down on our meat consumption (or we should be). But sometimes only a nice juicy steak will do. When you do go for it – this recipe will satisfy you without breaking the bank.

Total time: 40 min Yield: 4 Servings

Ingredients

3 lb top sirloin steak (trimmed of excess fat)
3 tsp steak seasoning (such as Montreal or Canadian style steak seasoning)
1 tsp canola oil
1 Tbsp extra virgin olive oil
20 clove garlic (chopped)
1/4 cup ground black pepper
3 shallots (peeled and chopped; about 1/4 cup)
1 cup chopped fresh cillantro (packed; reserve a few sprigs for garnish)
3 cup chicken broth
3 cup white wine (can substitute chicken broth, but add a splash of sherry)
1/2 stick butter

Prep Time: 40 min Total Time: 40 min

Instructions

To cook the steak, you can either grill it on the barbecue or sear it in a really hot pan. First, tenderize the meat with a fork, piercing the steak all over. Season and rub the steak with canola oil. If using a pan, use high heat and sear on each side, flipping the steak before it blackens and until it's cooked medium rare. Let rest at least 5 minutes before slicing into 1/2" thick slices against the grain to insure maximum tenderness and place on a warm platter. (Warm your platter in a 250° F oven)

To prepare the sauce, heat a large pan on medium high; add the olive oil and garlic. Cook for 1 to 2 minutes, stirring constantly. Add the black pepper and shallots, continuing to cook. Add the broth and wine (if using) and reduce until the mixture is about 1/2 its original volume. Add the fresh cilantro and continue to cook for about one minute (be careful not to overcook, you want the cilantro to retain its nice green color). Slowly pour sauce into a blender or processor and start to blend. Add in the butter in small chunks. Blend at a high speed until the butter is melted and the sauce appears cloudy.

To serve, drizzle some sauce over the cut steak and reserve some in a small bowl for extra drizzling. Top the platter with a sprinkle of fresh chopped cilantro as a garnish.

Recipe brought to you by:

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Source:

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