

Seared New York Strip Steak with Sauce Robert and Truffle Parsnips paired with Davis Estates Oakville Cabernet Sauvignon

INGREDIENTS:

Sauce Robert – Yields 1 ½ cups

3 ounces bacon, cubed
1 medium onion, diced small
7 ounces Sauvignon Blanc
2 teaspoons yellow mustard seeds
1 ¼ cup demi-glace
Pinch of sugar
1 tablespoon Dijon mustard

SERVES: 4

Truffle Parsnip Puree

1½ pounds parsnips, peeled and sliced ½ inch
2 cups half and half
Kosher salt, freshly ground pepper
2 Tablespoons truffle butter

New York Strip

1-2 24oz New York Strip Steak
3 sprigs thyme
2 cloves garlic
1 tablespoon vegetable oil
Salt and pepper to taste

METHOD:

Sauce Robert

- In a medium saucepan add bacon and cook until it begins to brown about 4 minutes. Remove bacon and set aside leaving bacon fat in pan.
- Add the onion and sauté until translucent then add the wine and mustard seeds until reduced by two-thirds. Next add the demi-glace and bacon cooking for 10 minutes. To finish add, a small pinch of sugar and Dijon mustard.
- Hold warm until ready to use.

Truffle Parsnip Puree

- Place parsnips in a medium pot, add 1 tablespoon salt, and add half and half plus enough water to cover the parsnips. Bring to a boil, lower the heat, and simmer for 15–20 minutes, until the parsnips are very tender. Strain reserving liquid.
- Transfer the parsnips to food processor pulse to chop the parsnips. Add ½ cup cooking liquid. Purée the parsnips, add more cooking liquid if needed and puree until smooth scraping down the sides as needed. Add truffle butter and puree. Taste for seasoning and adjust if needed.

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New York Strip

- Thoroughly pat steak dry with paper towels. Just before cooking, generously season with salt and pepper.
- Heat a heavy bottom skillet over medium-high heat, add oil and swirling to coat. Once the oil is hot, add steaks to the skillet. Sear the steaks on the first side for 4 minutes until a brown crust has formed then flip and cook another 3-4 minutes. Using tongs, turn the steak on its sides to render the white fat and sear the edges (1-minute per edge).
- Reduce heat to medium and immediately add 2 tablespoons butter, sprigs of thyme and garlic cloves. Spoon the butter sauce over the steak, tilting the pan to get butter on your spoon. Continue spooning the sauce over the steak for a minute or until the steak is about 5-10 degrees from your desired doneness (the temperature will continue to rise another 5-10 degrees while steaks rest).
- Transfer steak to a cutting board, loosely cover and rest 10 minutes before slicing.