



NICHOLAS RIZZO'S MARINATED STEAK WITH WHIPPED CREAM HORSE RADISH SAUCE

To marinate or not to marinate... that is the question. Wikipedia actually give an excellent answer to the question, adapted as follows.

Marination is the process of soaking foods in a seasoned, often acidic, liquid before cooking. The liquid, the “marinade”, can be either acidic (made with ingredients such as vinegar, lemon juice, or wine) or enzymatic (made with ingredients such as pineapple or papaya). In addition to these ingredients, a marinade often contains oils, herbs, and spices to further flavor the food items. It is commonly used to tenderize tougher cuts of meat, and the process may last seconds or days. A good marinade has a balance of acid, oil, and spice.



Raw red meat, fish, and chicken may contain harmful bacteria which may contaminate the marinade. Marinating should be done in the refrigerator to inhibit bacteria growth. Used marinade should never be made into a sauce unless rendered safe by boiling directly before use; otherwise, fresh or set-aside marinade that has not touched meat should be used. The container used for marinating should be glass or food safe plastic; metal, including pottery glazes which can contain lead, reacts with the acid in the marinade and should be avoided.

High quality meats such as “Prime” grades are usually not marinated. The marinade below should be used to tenderize “Choice” or other grades of meat, or used to add flavor when desired. When reading the grades of meats know the difference between “Prime” and “Choice”. “Prime” is the most expensive grade, often served in restaurants and sold at good butcher shops. Grocery stores commonly sell the next grade down, called “Choice”. Be wary at the grocery stores though, as they often label “Choice” cuts with misleading phrases such as “Prime Reserve”.

The whipped cream horseradish sauce uses Lawry's™ recipe as a base, and then adds sour cream and some additional seasonings. Lastly, below are directions for the proper ways of grilling steaks and also for pan/oven cooking steaks, adapted from a few different sources including www.marthastewart.com.

Marinade

Ingredients

1/3 cup soy sauce

½ cup olive oil
1/3 cup fresh lemon juice
¼ cup Worcestershire sauce
1 ½ tablespoons garlic powder
3 tablespoons dried basil
1 ½ tablespoons dried parsley flakes
1 teaspoon ground white pepper
¼ teaspoon Tabasco® sauce

Directions

1. Combine all ingredients in a blender. Blend on high speed for 30 seconds until thoroughly mixed.
2. Pour marinade over of meat, cover, and refrigerate for up to but no more than 3 hours.
3. Wipe most of the marinade off the meat immediately prior to cooking.

Whipped Cream Horseradish Sauce

Ingredients

1 cup heavy whipping cream
¼ cup sour cream
½ teaspoon Lawry's® Seasoned Salt
3 tablespoons prepared horseradish, well drained
1 teaspoon parsley, very finely chopped
Dash Tabasco® sauce

Directions

1. Whip cream until stiff peaks form. Fold in the other ingredients until well mixed.
2. Cover and refrigerate until use.

Steaks – Grilling Directions

Ingredients

Ribeye (with or without bone) or New York strip steaks, 1 ½ to 2 pounds and 2 ½ inches thick

Vegetable oil
Kosher salt
Freshly ground black pepper

Directions

1. Prepare the grill for direct cooking over high heat (450° to 550°F).
2. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.

Note: Allowing the steaks to come to room temperature allows for more even and predictable cooking, especially when trying to achieve a proper internal temperature. Some chefs actually cook thicker steaks in a 200° oven for 10 minutes prior to grilling, but this is typically not necessary.

3. Just before grilling lightly brush the steaks on both sides with the oil and season them evenly with salt and pepper.
4. Brush the cooking grate clean. (This should be done before and after cooking.)
5. To make crosshatch marks, lay the steaks on the cooking grate over direct high heat as if they were the small hands of a clock pointing to ten o'clock. Close the lid. After two minutes, lift the steaks with tongs and rotate them so they point to two o'clock. Close the lid and let them sear for another minute or two. Flip each steak and continue to cook for an additional 2 to 4 minutes for medium-rare doneness.

Note: see "Testing Meats for Doneness".

6. Remove from the grill, tent loosely with aluminum foil and let rest 5 to 10 minutes depending on the thickness of the steak (the internal temperature will then rise another 5 to 10°).

Note: see "Resting" under "Testing Meats for Doneness".

Steaks – Pan-Searing Directions

Ingredients

Strip steaks (about 1 inch thick)
1 to 2 teaspoons unsalted butter per steak
Kosher salt
Cracked or freshly ground black pepper

Directions

1. If cooking thicker steaks, preheat oven to 400°.
2. Allow the steaks to stand at room temperature for 15 to 30 minutes before cooking.
3. Heat a large cast-iron or other 10 to 12-inch ovenproof skillet (not a nonstick) over medium-high heat.
4. Pat steak dry with paper towels. Season each side with approximately 1 teaspoon salt and 1 teaspoon cracked pepper.
5. Seconds before adding a steak, drop 1 teaspoon of the butter into the pan and immediately top with the steak. Sear for 3 minutes without moving the steak (to form a crust). Turn and cook for 2 minutes for rare or 3 to 4 for medium rare. (Reduce heat if meat is browning too quickly).

Note: It is a general principle in cooking to heat the pan first and then add the oil or butter to the pre-heated pan – remember “hot pan, cold oil”. This allows for even heat distribution in the pan and avoids a reaction in the oils that can result in them becoming “sticky”. Additionally, when meat is properly seared, the pan will “release” the meat and it should not stick to the pan.

6. Thinner steaks will be done at this point, and should be rested as below prior to serving. Thicker steaks, though, need more cooking. If cooking a thicker steak, transfer skillet to oven and roast between 275 and 350 degrees depending on the cut and the recipe, until an instant-read thermometer inserted in the thickest part of steak registers desired doneness, 5 to 15 minutes.
7. Remove the steaks from the pan, tent loosely with aluminum foil and let rest 5 to 10 minutes depending on the thickness of the steak.

Serving

Serve the steaks warm with the horseradish sauce on the side. Also, steaks may be garnished with a sprig of parsley on the side, but may also be garnished with a sprig of chervil.