

Grilled Reverse-sear Steak with Mushroom Zinfandel Gorgonzola Sauce

Ingredients

- New York strip or rib eye cut 1 to 1 1/2 inches thick
- 2 baskets mushrooms
- A few sprigs of thyme, rosemary, other herbs
- 2 cups Zinfandel
- 2 oz gorgonzola or other blue cheese
- ½ cup cream
- Extra virgin olive oil
- Sea salt
- Fresh ground pepper



Instructions

1. Take steak out of the refrigerator and let it come to room temperature.
2. Pre-heat oven to 200F.
3. Season the steak adequately with plenty of kosher salt and freshly ground black pepper.
4. Place the steak on a sheet pan with a rack and transfer to the oven. Cook for 20 to 35 minutes. Your target temperature for the steak is 120 to 130 F, at which point it is considered rare.
5. While the steak is cooking, sauté and caramelize the mushrooms in a cast iron pan. Set aside.
6. Remove steak from the oven and coat the steak in oil.
7. Heat up the cast iron pan. Add butter, olive oil and herbs. Quickly sear steak for 1 to 2 minutes per side. This will raise the meat's temperature to 135F. Take steak out and let it rest, tented, for 10 minutes.
8. Make the pan sauce: While the steak is resting, deglaze the pan with wine, scraping up all the bits on the pan. Add ¼ cup of the cream. Stir in cream and cook down. Add in gorgonzola, combine. Season to taste.
9. Plate the steak and drizzle the sauce around the steak.

The Reverse Sear from The Spruce Eats: <https://bit.ly/2WWmSE1>

Pre-sear, Then Finish in the Oven -- Searing means to apply very high heat to a piece of meat for the purpose of browning it and producing a flavorful crust on the outside. One of the most traditional ways to cook a steak is using a combination of searing to brown the steak and indirect heat in the oven to cook it to your desired doneness.

- The 'Reverse Sear' - This time we start the steak in the oven and then sear it afterward. With the reverse sear, there's no particular hurry, no panic (unlike in the previous method), making this technique a fairly foolproof one.
- Heat up your cast iron. It gets hot and stays hot, and because it's flat, you can be sure that every inch of your steak comes in contact with the hot cooking surface.

Pros: The steak should be evenly cooked all the way through, resulting in perfect medium-rare with a lovely seared crust on the outside. The cooking process itself was considerably more relaxed.

Cons: The flip side of a relaxed method is that it is the slowest method, with cooking times anywhere from 30 to 45 minutes. If you don't mind waiting, this may be the best way to cook steak indoors.

Note: Remember to slice your steaks against the grain. While this is most critical with tougher steaks like flank steak or skirt steak, even a tender steak like a rib eye will be tougher if you slice it with the grain. If you're going to go to the trouble of cooking it properly, you might as well slice it properly, too.