

Herb Marinated, Pan Roasted Top Sirloin...For 2

STEP 1: Combine a pinch of crushed thyme leaves, a pinch of finely cut parsley leaves, a tsp of olive oil, a crushed (but not chopped) garlic clove, a few grinds of black pepper and a scant tsp of salt in a small bowl. Rub the mixture in to the steak, then wrap tightly and refrigerate over night.

STEP 2: Allow the steak to come to room temperature before cooking. Discard the garlic clove and blot off any excess moisture with a paper towel.

STEP 3: Heat a thin film of oil in a medium sauté pan over medium high heat. When the oil begins to shimmer, add the steak and reduce the heat to medium low. Cook for about four minutes. Then flip the steak, add a tsp of butter to the pan, and transfer the pan to a 325 degree oven for three minutes. Baste with the melted butter and return to the oven for an additional three minutes. Remove the steak from the pan, season lightly with salt and black pepper, and allow the steak to rest while you prepare the sauce.

STEP 4: Pour off any fat remaining in the pan. Add a 1/4 cup of brandy and 1/3 of a cup beef or chicken broth and dissolve the brown bits in the bottom of the pan. Add any juices that have just accumulated under the steak. Reduce to about 3 tbsp, then add a 2 tbsp of cream. Reduce until slightly thickened. Adjust the seasoning.

STEP 5: Carve the steak into thin slices, dress with the sauce, and serve with a simple green salad or some sauteed spinach. Share it with the one you love.

From the butcher block at Blue Valley Meats, Walla Walla, WA -Sustainable Grass Fed Beef