

Recipes and Suggestions..

Pan-broiled Steak with Whiskey Sauce

Yield: 4 servings

Ingredients: 4 - 1 inch thick strip steaks [buy] , 1 tbs. Black pepper corns coarsely crushed, 3 Garlic cloves minced, 1/2 tsp. Coarse rock-salt or 1/4 tsp. table salt

WHISKEY SAUCE: 1/4 lb Butter, 2 tbs. Chopped onion, 1 Garlic clove minced, 2 tbs. Whiskey, 1 tbs. Worcestershire sauce, 1/2 tsp. Dry mustard, 1-2 dash of Tabasco

Directions:

1. Press crushed peppercorns and garlic into both sides of the meat and let stand at room temperature for 1 hour.
2. Heat a cast-iron skillet over high heat.
3. Grease the bottom of the hot skillet with a piece of fat trimmed off the steak.
4. Toss in about half of the salt.
5. Sear the steak or steaks quickly on one side, then lift out.
6. Add the remaining salt to the skillet, turn the steak, and sear the other side.
7. Reduce the heat to medium and cook the steaks as desired.
8. Remove steak to a warm platter.
9. Pour off any fat from cooking the steak.
10. Melt butter in the same skillet over low heat
11. Add onion and garlic and cook slowly until soft.
12. Add remaining ingredients and simmer for a minute or two.
13. Pour sauce over steaks and serve.