

Sur la table

THE ART & SOUL OF COOKING

Pan-Seared Steak with Bourbon-Shallot Sauce

Yield: 4 servings

Remember to move the pan off the open flame before safely igniting the sauce with a stick lighter.

- 4 (6-ounce) New York strip steaks
- Sea salt and freshly ground black pepper
- 2 tablespoons unsalted butter, divided
- 1 tablespoon vegetable oil
- 2 large shallots, minced *onion stronger flavor against bourbon*
- 1/4 cup bourbon
- 2/3 cup low-sodium beef broth
- 1 teaspoon chopped thyme leaves
- 2 teaspoons Worcestershire sauce
- 2 teaspoons Dijon mustard
- 1/4 cup heavy whipping cream

Allow steaks to rest at room temperature for 30 minutes. Pat steaks dry and season generously on all sides with salt and pepper.

Preheat oven to 400°F.

Place 1 tablespoon butter and 1 tablespoon oil in a large skillet and heat over medium-high until the butter foams. When foaming subsides, add steak and sear until the steaks are a deep brown on one side, about 5 minutes. Using tongs, turn the steaks over and transfer the skillet to the preheated oven; finish cooking the steak to your desired doneness, or until an instant-read thermometer inserted in the thickest part registers 125°F, for medium-rare. Remove steak from oven and place on a cutting board with a well. Loosely cover steaks with aluminum foil and rest for at least 5 minutes.

Return skillet to medium heat and, once the fat drippings are hot, add the shallots and cook, stirring frequently until tender, about 2 minutes. Remove skillet from heat and carefully pour in bourbon. Using a long stemmed lighter, ignite the bourbon, allowing the alcohol to cook off. Add broth and thyme, scraping the bottom of the skillet with a wooden spoon to release browned bits and simmer until liquid is reduced by half, about 8 to 10 minutes. Add the Worcestershire and Dijon. Stir in the cream, taste and adjust seasoning with salt and pepper. Stir in remaining 1 tablespoon butter and keep warm.

To serve: Thinly slice the steaks against the grain and divide slices among 4 warmed dinner plates. Top sliced steak with sauce. Serve immediately.