



MICHAEL'S SEARED NEW YORK STRIPLOIN

Wine pairing: VQA Gamay or Cabernet Franc

The initial sizzle of a very hot pan or grill will produce a deep caramel and crisp outside, with a centre that is as rare and juicy as you like.

Serves: 2

Prep Time: Under 10 minutes

Cook Time: Under 15 minutes

- 1 1 lb (450 g) NY Striploin steak (see tips below*)
Coarse salt and freshly ground or cracked black pepper
Finishing salt, such as a Maldon sea salt or fleur de sel

1. Remove the steak from fridge 30 minutes before cooking and pat it dry with a paper towel.
2. Trim away a little of the fat (no more than 50%) from the top side of the steak. Place this fat into the skillet and turn heat to medium. The fat will render (melt) and leave you around 2 tsp liquid oil. Remove the fat pieces and discard.
3. Season both sides of the steak generously with salt and pepper. Increase the heat to medium high, until the fat in the pan is shimmering, but don't let it reach the smoking point. If it begins to smoke, remove the pan from the heat and let it cool down.
4. Place the steak in the pan away from you (if any fat splashes, it will splash away from you). Sear the steak for 90 seconds then turn over for 90 seconds, reduce heat to medium+, and cook for 3-6 minutes per side, depending on how you want it done. You will want to run your fan or open a window when cooking the steak, as it will produce a bit of smoke.
To grill the steak, prepare the steak as above but preheat the grill on high, sear on both side and reduce the grill heat cook as above.
5. Use a meat thermometer to check the centre doneness of the steak. Factor in 5°F of carry-over cooking after you remove the steak, so subtract 5°F to cook to:
Rare: 125°F
Medium Rare: 135°F
Medium: 145°F
Medium Well: 150°F
Well Done: 165°F
6. Let the steak rest on a cutting board for 3-5 minutes before carving.
7. To carve and serve the steak pre-sliced, for 2 people, remove the fat and silver skin from the top side of the steak and slice as thinly or thickly as you wish. Add a final sprinkling of finishing salt and pepper before eating.



INGREDIENTS

As above

Steak-Buying Tips:

- Buy AAA Canadian Beef
- Look for steaks that are at least 1-inch thick, optimally 1 ½ inches
- Look for steaks that are an even, deep red colour
- Look for marbling, but avoid the “tissue end” – these steaks have a visible line of elastin running through them (and will be tougher)

TOOLS

- Cast iron skillet
- Sharp chef's knife
- Cutting board
- Meat thermometer

SUGGESTED WINES

Bachelor 'Les Villages' Gamay
 13th Street Winery 2019 Gamay
 Cave Spring Vineyard 2019 Gamay
 Château Des Charmes 2019 Gamay Noir
 Malivoire 2019 Gamay

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Domaine Queylus 2018 Cabernet Franc Tradition
 Thirty Bench 2016 Small Lot Cabernet Franc
 Kacaba Vineyards 2017 Cabernet Franc
 Vineland Estates Winery 2018 Cabernet Franc

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