

Delmonico Steak

Recipe By Zehava Krohn



Cooking and Prep:  30
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Serves:  2

No Allergens

Preference: Meat

Difficulty: Medium

Diet: Gluten Free, Low Carb

Source: Whisk by Ami

Magazine

Pan searing produces a steak that has a brown, crispy surface, and keeps your meat tender and juicy on the inside. Delmonico steak has sufficient fat to produce a moist, tender result when cooked with this method.

Ingredients (12)

Steak

- 1 (3/4 pound) Delmonico steak
- salt, to taste
- pepper, to taste
- 3-4 tablespoons **Bartenura Olive Oil**, for pan searing
- 2 onions, sliced into rings

Paste

- 1 and 1/2 tablespoons paprika
 - 1 tablespoon Gefen Honey
 - 1-2 cloves garlic or 1-2 cubes Gefen Frozen Garlic
 - 1/2 teaspoon ginger
 - 2 tablespoons brown sugar
 - 2 tablespoons Alfasi Cabernet Sauvignon or other red wine
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Sommelier Suggests

- Chateau Lascombes
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Start Cooking

Prepare the Steak

1. Season both sides of steak with salt and pepper and rub with olive oil.
2. Heat grill pan or skillet over medium-high heat. Add olive oil. When pan is hot, add onions and steak. Sear for 15-20 minutes, occasionally flipping the steak.
3. Mix paste ingredients until well combined. When the steak has been cooking for 20 minutes, brush paste over steak and onions on both sides.
4. Sear steak for an additional 10 minutes. Remove from heat and serve steak topped with onions.

Note:

For a medium to rare cook, sear for 25-30 minutes total. For a well-done steak, sear for an additional five minutes. A considerable number of recipes caution against overcooking the Delmonico steak as this may cause it to lose a significant amount of flavor and tenderness.