

Cocoa Cumin Cowboy Steak with Red Wine Pan Sauce

Recipe By Naftali Hanau



Cooking and Prep:  1 h

Serves:  4

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Sukkot, Passover

Diet: Gluten Free, Low Carb

Source: Kosher.com

Exclusive

Watch Grow and Behold CEO Naftali Hanau and Naomi Nachman cook the perfect indoor steak on [Sunny Side Up!](#)

Ingredients (13)

Meat

- about 3 and 1/2 tablespoons duck fat, divided
- 1- and- 1/2- to 2-pound dry aged cowboy steak
- 1 tablespoon [Gefen Cocoa Powder](#)
- 4 teaspoons [Gefen Cumin](#)
- 2 teaspoons [Gefen Allspice](#)
- 4 teaspoons crushed black peppercorns

Pan Sauce

- 2 shallots, diced
- 2-3 cloves garlic, minced
- 1 teaspoon fresh chopped thyme
- 2 teaspoons rosemary
- 1 and 1/2 cups **Herzog Lineage Pinot Noir**
- 3 cups beef broth

Sommelier Suggests

- Covenant Mensch Zinfandel**
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Start Cooking

Cook Steak

1. Thoroughly dry cowboy steak with paper towels. Make sure the steak is brought to room temperature before cooking.
2. Combine cocoa powder, cumin, all spice, and black pepper in a bowl. Pour over steak and rub into meat, making sure to coat all sides.
3. Add 2 teaspoons duck fat to a clean, preheated cast-iron pan, and lay steak in pan.
4. While the steak is searing, place probe of a meat thermometer into center of steak to monitor the temperature
5. Do not move the steak while it is searing. After a few minutes of searing, gently lift the bone of the steak to see if it releases easily from the pan. Once steak releases easily, flip over and resume searing. Move cast iron pan to preheated over to continue cooking until the meat reaches desired temperature.
6. Once meat reached desired temperature, remove from pan and let rest.

Make Pan Sauce

- 1.

While meat is resting (loosely covered by foil), return pan to stovetop. Add 2 teaspoons of duck fat. Add shallots and let brown gently.

2. Add garlic and sauté for 30 seconds to a minute, then add fresh herbs and stir until aromatic.
3. Raise flame and pour in wine, followed by broth, stirring with a wooden spatula to scrape all of the bits of flavor into the sauce. Reduce by more than half to allow for alcohol to cook out.
4. Once sauce is reduced by more than half, stir in 2-3 tablespoons of duck fat one at a time to add richness. Strain sauce before serving.