

Meat on the Fast Track

Recipe By *Chanie Nayman*



Cooking and Prep:  45
m

Serves:  8

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Shavuot

Diet: Paleo, Low Carb, Sugar

Free

Source: Family Table by

Mishpacha Magazine

Cuts of meat that do well with fast cooking include cuts from the rib, and sometimes the shoulder. (The only exception to this is top-of-the-rib roast, which needs to be cooked low and slow.)

The first sauce is a gremolata, and it gets spooned over meat, or is eaten alongside it, almost like a relish. The pan sauce is served alongside the meat as well.

Take your choice between the two of them!

Ingredients (18)

Meat

- 2 pounds (1 kilogram) boneless rib steak
- salt, for seasoning
- pepper, for seasoning

garlic, for seasoning

Sauce 1 - Gremolata

1/4 cup chopped fresh parsley

2–3 scallion stalks, chopped finely

zest of 1 lemon

1 clove garlic, minced

2 tablespoons olive oil

fresh cracked **Gefen Black Pepper**

1 teaspoon kosher salt

1/2 teaspoon crushed red pepper flakes (optional)

Sauce 2 - Red Wine-Mustard Pan Sauce

3 tablespoons **Reine Dijon Mustard** (see note)

1/4 cup **Alfasi Cabernet Sauvignon** or other dry red wine

1/4 cup chicken stock such as **Empire Chicken Broth**

2 tablespoons soy sauce

1/2 teaspoon cracked **Gefen Black Pepper**

1 tablespoon margarine or olive oil

Start Cooking

Prepare the Meat

1. Preheat oven to broil, and move top rack of oven as close to the broiler as possible.
2. Place steak on a broiler pan, and broil on each side for no more than one minute each.
3. Lower oven temperature to 200 degrees Fahrenheit (100 degrees Celsius), and roast for 10–12 minutes, depending on thickness of the meat.

To Make the Gremolata

1. Combine all ingredients and refrigerate until ready to serve. This should not be made more than one day in advance of serving.

To Make the Pan Sauce

1. In a medium pot, bring all ingredients to a simmer. Simmer three to five minutes until sauce is visibly thickened or coats the back of a spoon.

Note:

Do not substitute the Dijon mustard with yellow mustard, but deli mustard can work in a pinch.

Credits

Photography by Moishe Wulliger

Food Styling by Renee Muller