

Sizzling Beef with Roasted Red Pepper Sauce

Author: Adapted from Hot Barbecue, by Hugh Carpenter

Carolyn T's
Main Cookbook

Servings: 4



STEAK INGREDIENTS:

4 whole ribeye steaks, 1/2 inch thick
3 ounces goat cheese
1/2 cup cilantro leaves, whole
flavorless cooking oil to brush on the grill rack

SIZZLING BEEF RUB:

4 whole garlic cloves, minced
18 whole allspice berries
1 piece cinnamon stick, about 1-inch long
1 teaspoon whole black peppercorn
1 teaspoon coriander seeds, 1/2" cubes
1/2 teaspoon whole cloves
3 tablespoons chile powder
3 tablespoons dark brown sugar, packed
1 tablespoon dried thyme
2 teaspoons dry mustard
1 1/2 teaspoons salt

ROASTED RED PEPPER SAUCE:

1 cup roasted red pepper, jarred, drained
1 cup chicken stock
1 cup dry red wine
2 tablespoons honey
2 teaspoons Asian hot sauce

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 563 Calories;
28g Fat (43.6% calories from fat); 29g Protein; 51g
Carbohydrate; 11g Dietary Fiber; 79mg Cholesterol;
1599mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2
Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 1 1/2 Other
Carbohydrates.

Notes: My advice: make twice the amount of the sauce - if you have leftovers of it, you'll find other uses for it. It's really delicious. If you use chicken stock granules, don't add water - it'll take a lot less time to reduce the sauce.

Description: Fabulous. Fabulous. Fabulous.

1. STEAKS: Trim excess fat from the edges of the steak. Place the steaks in a glass container.
2. RUB: Rub the garlic cloves over both sides of the steaks. Place the allspice, cinnamon, peppercorns, coriander and cloves in a small dry skillet. Place the pan over medium heat and toast (stirring and shaking pan frequently) until the spices just begin to smoke. Some of them will just start to pop - watch for smoke, remove and pour onto a plate to cool.
3. Place the toasted spices in an electric spice grinder (or use a mortar and pestle) and grind finely. In a small bowl combine all the remaining spices and add the toasted spices. Stir to evenly combine them. Reserve 2 T. of the spices (for the sauce).
4. Rub the remaining spices over the steak surfaces, cover and refrigerate the steaks for 1-8 hours.
5. SAUCE: Place all ingredients for the roasted red pepper sauce in a blender. Add the reserved dry rub, then puree. Transfer the mixture to a heavy-duty saucepan, bring to a boil over high heat, simmer until the mixture has reduced to 1 1/2 cups. Cool and refrigerate. This can be made ahead and refrigerated.
6. 30 minutes before ready to cook, remove steaks and allow them to come to room temp.
7. Preheat grill to medium (350). Brush the cooking rack with a paper towel doused in the cooking oil. Insert a meat thermometer into the side of one of the steaks. Place the steaks in the center of the rack. If you don't have a meat thermometer, grill steaks about 3 minutes per side (longer if steaks are thicker).
8. Once you've acquired grill marks on both sides, move steaks over to a part of the rack without direct heat. Continue cooking until a meat thermometer reads 123. Remove steaks, tent lightly with foil for about 5 minutes, then serve with the sauce.
9. During the time the steaks are cooking, reheat the sauce and adjust seasoning, if necessary. Spoon the sauce onto 4 heated plates and place meat right in the center of the sauce. Sprinkle the steak with goat cheese and cilantro. Serve immediately.