

New York Strip

With LOBSTER BEARNAISE SAUCE



Source: Bon Appétit, March 2006

Serving Size: 4

Prep Time: 45 min

Cooking Time: 30 min

Wine: Merlot-based red with intense fruit and velvety tannins.

NOTE:

- Lobster meat and butter can be prepared 1 day ahead.

Cook the Steak (~ 15 min)

- Bring steak to room temperature and rub with Coarse salt and pepper.
- Preheat broiler (OR, Grill Steak)
- Broil/Grill until cooked to desired doneness, about **6 minutes** per side for medium-rare (**5 minutes** per side if boneless). Use thermometer, 160F for Medium

Lobster Sauce

- Cook lobster in large pot of boiling salted water **10 minutes**.
- Transfer lobster to baking sheet, cool slightly.
- Remove Meat from Claws, tails, ... etc. Place in a bowl.
- Cut all meat into 1/4-inch pieces, cover and chill.
- Use Kitchen sheer, cut legs, tail shell, into ¼" pieces
- Melt 1 stick of butter in heavy large pot over medium-low heat.
- Add sliced shallot, garlic, and chile; cook until fragrant, **about 5 minutes**.
- Add lobster shell pieces and stir **5 minutes**.
- Increase heat to medium. Add remaining 1 stick of butter, 1 tbs at a time, stirring until melted between additions.
- Add paprika; stir to blend.
- Strain butter into medium bowl, pressing on solids in strainer to release all butter.
- Discard solids in strainer.
- *Let lobster butter cool to room temperature uncovered, then, cover and refrigerate. When Ready, Return lobster butter and meat to room **
- Combine vinegar, chopped shallot, and capers in medium saucepan.
- Boil over high heat until almost all liquid evaporates, **about 1 minute**, remove from heat.
- Fill 1/3 of a medium pot with water, bring to a simmer (barely).
- Whisk yolks, lemon juice, and 1 tablespoon water in medium bowl (bowl must fit into pot above)
- Place bowl in/over pot of barely simmering water. Whisk constantly until mixture is thick, **about 3 minutes**.
- Turn off heat. Whisk in lobster butter in 6 additions.
- Whisk in shallot mixture and tarragon.
- Season to taste with salt and pepper.
- Stir in reserved lobster meat.
- Season with salt and pepper.
- Keep lobster bearnaise sauce over warm water.

Shopping / Ingredient List

Steak and Lobster Sauce – day before

- ◇ 1 live lobster, 1.5~2.0 lbs
- ◇ 2 sticks unsalted butter, divided
- ◇ 1 shallot, sliced
- ◇ 1/2 teaspoon paprika

Steak and Lobster Sauce – day before

- ◇ 1/4 cup Sherry wine vinegar
- ◇ 2 tablespoons chopped shallot
- ◇ 1 tablespoon capers, chopped
- ◇ 2 large egg yolks
- ◇ 2 garlic cloves, chopped
- ◇ 1 dried red chile, such as Japonese
- ◇ 1 tablespoon fresh lemon juice
- ◇ 1 tablespoon water
- ◇ 1 tablespoon chopped fresh tarragon
- ◇ 4 1-¼" thick ~9-oz (or ~15 oz w/ bone) New York strip (USDA PRIME Grade)

Cookware Needed: