



Steak w/ Red Wine Mushroom Sauce

Source: Easy-wine.net

Serving Size: 4

Prep Time: ~ 15 min

Cooking Time: ~ 15 min



NOTE:

- If you prefer the taste of grilled steak, make your sauce as soon as you remove the meat from the grill.
- If you will be pan searing, transfer your perfectly cooked steak to a platter and place in a preheated 200-degree oven.
- Pair this dish with a robust red wine like Zinfandel or Cabernet Sauvignon.

Instructions

Pan Searing Steak

- Pat dry steaks with paper towels.
- Season with Salt and Pepper to taste
- Allow to rest at room temperature for **10 minutes**.
- **Start the Vegetables**
- *Heat up oven to 200F
- Heat 2 tbs of butter in a large sauté pan, **medium-high heat** until the butter almost smokes
- Place the steaks in the pan and lower the **heat to medium**, Sauté the steaks **for 4 minutes** on one side, then **3 minutes** on the other side, then check for desired taste
- Place the steak, covered with Aluminum foil, in the oven
- Warm Serving Plates
- **Check on vegetables.**

Mushroom Sauce

- In the same pan (if pan searing), melt butter; add olive oil, garlic, parsley, Sauté until the garlic is lightly browned.
- Add mushrooms and wine.
- Cook about **five minutes**, stirring frequently until mushrooms are soft.
- Combine flour and cold water and whisk until smooth.
- Gradually add to the pan, stirring continuous, until well blended to the desired consistence
- Add salt and pepper to taste.

Ingredient List

Mushroom Sauce

- 4 tablespoons of butter
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 1 tablespoon fresh parsley, chopped
- 1 cup sliced fresh mushrooms
- 1 cup dry red wine
- 2 tablespoons flour
- 3 tablespoons cold water
- Freshly ground salt and pepper

Steaks

- 4 piece of steaks of equal thickness (Ribeye or **New York strip**)
- Freshly ground salt and pepper
- 2 tablespoons of butter

Vegetables

- Broccolini
- Carrets