



Sirloin with Dijon Port Sauce

Recipe below
Serves 2

Ingredients:

2 (5-6 ounce) sirloin or rib-eye steaks-each about 1 1/2 inches thick
½ teaspoon coarse salt
½ teaspoon freshly ground black pepper
1 large shallots
½ cup Tawny Port or other sweet wine
½ cup beef broth (I prefer Better Than Boullion)
2 teaspoons Dijon mustard
2 teaspoons balsamic vinegar
3 teaspoons fresh thyme or 1 teaspoon dried
2 tablespoons unsalted butter, cold

Equipment:

Cutting board
Chef's knife, sharpened
large heavy skillet or cast-iron pan
tin foil
Whisk



Sirloin with Dijon Port Sauce

Serves 2

2 (6-8 ounce) sirloin or rib-eye steaks-each about 1 1/2 inches thick
½ teaspoon coarse salt
½ teaspoon freshly ground black pepper
3 tablespoons minced shallot
½ cup Tawny Port or other sweet wine
½ cup beef broth
2 teaspoons Dijon mustard
2 teaspoons balsamic vinegar
3 teaspoons fresh thyme or 1 teaspoon dried
2 tablespoons unsalted butter, cold

Steak

1. Take the filets from the refrigerator and let them sit at room temperature for 20 minutes. Pat the filets dry and season both sides with salt and pepper. Heat a large heavy skillet or cast-iron pan over medium high heat. When the pan is hot but not smoking lay the steaks in the pan and sear for 2 minutes. Turn the steaks and sear on the other side for 2 minutes. Repeat two more times for a total of 4 minutes on each side. If you prefer to check the temperature with an instant read thermometer, test in the middle of the steak.

Meat Cooking Temperatures

Rare = 140 Medium Rare = 145 Medium = 160. Medium Well – Well = 170 and above

2. Remove the steaks and place them onto a cutting board and cover with foil to rest.
3. To prepare the sauce, reduce the heat to medium. Add 1 tablespoon of olive oil to the pan along with the minced shallot and cook until the shallot is softened, stirring occasionally, about 2 minutes.
4. Add the port to the pan and raise the heat a bit to bring to a simmer. Simmer to reduce by half.
5. Add the beef broth to the port reduction and gently simmer the mixture until it is reduced again by half.
6. When reduced, whisk in the Dijon, balsamic vinegar, thyme, and any juices that have accumulated on the cutting board from the steaks.

7. To finish the sauce, remove the pan from the heat and let sit for 1 minute. Whisk in the cold butter until the sauce is slightly thickened and shiny. Season with salt and pepper to taste.
8. To serve, slice the steak into ¼ inch slices and serve with the sauce drizzled over top.