

WINTER STEAK WITH TARRAGON BUTTER

Source: Beyond Parsley

Prepared by: Dave Eckert, February 2017

1 2-inch thick sirloin steak, second or third cut
Salt and pepper to taste
1 ½ tablespoons butter
1 ½ tablespoons oil

TARRAGON BUTTER

2 medium shallots
2 ½ tablespoons chopped fresh parsley
4 teaspoons tarragon vinegar
1 ½ teaspoons fresh tarragon or ½ teaspoon dried
½ teaspoon freshly ground pepper
½ cup butter, well chilled and cut into small pieces

Pat steak dry. Salt and pepper steak on both sides. Sear in butter and oil for 2-4 minutes on each side or until dark brown. Transfer meat to large baking dish and bake at 350 degrees for 25 minutes for medium rare. Transfer to a warm platter.

To make tarragon butter, mince shallots in food processor, using steel blade. Add parsley, vinegar, tarragon and pepper; process briefly. Add butter and blend well. Transfer to waxed paper and form a roll. Refrigerate or freeze until firm.

Dave's Notes: "Very simple. Rub, salt, & Pepper. Marinate 1 day. Grill and finish with butter!"

