

# Grilled New York Strip Steak with Cabernet Reduction Sauce

## Ingredients:

- 4 Eight Oz. New York Strip Steaks
- Salt and Pepper to taste

## For Cabernet Reduction Sauce:

- 1 tablespoon Peanut or Canola oil
- 2 tablespoons minced shallots
- 2 tablespoons minced garlic
- 2/3 bottle dry red wine (full bodied)
- 1 qt Beef stock
- 2 bay leaves dried
- 1 sprig fresh rosemary (2-3 inches)
- 3 tablespoons Dijon style mustard
- 3 tablespoons Worcestershire sauce

*Pair this with the  
Cabernet Franc!*

## Directions for the steak:

1. Sprinkle steaks with salt and pepper to taste.
2. Grill over a two level fire, searing the outside of the steak for two minutes on side one. If you are using a gas grill, do this over high heat with the cover closed. Indoors, pre-heat a cast iron skillet for 10 minutes over medium heat. Raise the heat to high for the searing.
3. Repeat for side two.
4. Use indirect heat on the grill for an additional 2 minutes on side one. Repeat for side two. If you are using a gas grill, do this over low heat with the cover closed. Indoors do the same, with the stove turned to very low.
5. Let steaks stand, covered, for 5 minutes.
6. Drizzle with Cab Reduction Sauce

## Directions for the sauce:

1. In sauce pan, sauté shallots and garlic in oil until fragrant.
2. Add bay leaf, rosemary, wine and reduce liquid by 1/3.
3. Add beef stock and reduce again by 1/3.
4. Add other ingredients and remove from heat.
5. Strain sauce into cheesecloth and adjust with salt and pepper.
6. Serve over grilled New York Steaks.