



STEAK FIORENTINA

SUGGESTED PAIRING WITH 2012 CABERNET SAUVIGNON

<u>INGREDIENTS</u>	<u>DIRECTIONS</u>
<ul style="list-style-type: none">• 1 Tbl chopped fresh rosemary• 1 Tbl chopped fresh thyme• 1 Tbl chopped fresh sage• 1 Tbl chopped fresh Italian parsley• 2 cloves garlic, crushed• 2 Tbl olive oil• 2 Tbl kosher salt• 2 Tbl freshly ground pepper• 1 3 lb Tbone or bone-in rib-eye steak, about 2 ½ to 3 inches thick	<p>Combine the rosemary, sage, thyme, parsley, salt and pepper in a bowl and mix well. Place olive oil in a small dish and add garlic. Pat steak dry, then drizzle 1 Tbl of the olive oil over one side of the steak to moisten. Apply half of the herb mixture and rub gently to coat the steak. Turn steak over and repeat. Place the steak on a plate, cover with plastic wrap and let stand at room temp for approximately one hour. Preheat oven to 350°, and preheat a cast iron skillet over medium-high heat. Place the steak into the pan and sear for 6 to 7 minutes (until deeply caramelized on one side). Flip and cook for 3 more minutes, then transfer the skillet into the oven to finish—approximately 15-20 minutes for a medium-rare steak (when internal temp of steak reaches 120°). Transfer to cutting board and rest for 10 minutes before slicing. Serve family style with a garnish of lemon wedges and a drizzle of good olive oil.</p>

Recipe courtesy of J.J.'s Kitchen

