

Ribeye Steaks with Amazing Glaze

Hugh Carpenter, cookbook author



Just good steaks, evenly cooked.

48 ounces steaks, 4 ribeyes, 12 ounces each

10 ounces Worcestershire sauce

3 whole lemons, squeezed

1/4 cup water

1 tablespoon olive oil

1/2 whole yellow onion, chopped

6 cloves garlic, minced

2 tablespoons fresh thyme

2 cups red wine

1 1/2 cups Heinz 57 Sauce

3 tablespoons brown sugar

2 1/2 tablespoons dark sesame oil

2 tablespoons chili powder

1 tablespoon molasses

1 tablespoon fresh oregano

1 tablespoon paprika

1/2 tablespoon fresh sage

1/4 teaspoon Tabasco sauce

Serving Ideas: This is best served with a smooth carb - like garlic mashed potatoes or creamy polenta. Grilled onions make a good accompaniment as well.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

Preparation Time: 30 minutes

Sauce is very spicy. If you prefer more highly seasoned, add more Tabasco. And this recipe assumes a VERY hearty eater with 12 ounces of steak per person. Most people would eat an 8 ounce steak. Another option: buy bigger ribeyes and cut them in half after they're grilled. The "secret" to this recipe is the cooking method and it has worked perfectly every time. We take the steaks off at 120° and let them sit for a few minutes covered lightly with foil.

1. Place the steaks in a large rectangular container. In a small bowl combine the Worcestershire sauce, lemon juice and water. Pour over the meat and chill for 1-8 hours.
2. Meanwhile, prepare the Sauce: In a 2 1/2 quart saucepan add oil and onion. Sauté until onions are translucent, about 8 minutes. Add garlic and continue cooking for just 30 seconds. Add all remaining ingredients, bring to a boil, cover, reduce heat to simmer and cook for 20 minutes. Remove lid, increase heat and boil until the sauce has reduced about half. Transfer to a bowl, cool, cover and refrigerate.
3. Set aside one cup of the sauce to serve with the meat. Drain and discard the meat marinade. Blot the steaks of excess liquid, then spread remaining sauce liberally over the steaks, to coat evenly.
4. Grilling meat: Preheat oven to 300°. Use convection, if available. Then preheat a stovetop grill over high heat. Grill steaks on hot grill and cook about 1 minute per side. Place steaks in oven on a rack, on a baking sheet and insert a meat thermometer in the center of one steak. Bake about 15 minutes, or until the internal temperature is about 120° - 130°. 120° = medium rare, 130° = medium. Cut into one steak when it is about 5° below desired temp. It may require a few more minutes, depending on your oven temperature.
5. Remove steaks from oven and allow to sit for about 5 minutes. Slice steak into thin slices and serve on a heated plate with a puddle of the sauce beneath it.
6. If you would prefer to use a GAS GRILL, preheat it to medium heat. Brush the grill with oil, then lay on the steaks, marking them, but cooking no longer than that. Have ready a rimmed baking sheet with a rack, and place steaks on the rack. Reduce heat to 300°, and if possible not directly under the pan. Insert meat thermometer, close lid and continue to cook until meat reaches temperature desired (see above). Allow to cool 5 minutes before serving.

Per Serving (excluding unknown items): 1132 Calories; 73g Fat (62.1% calories from fat); 52g Protein; 48g Carbohydrate; 3g Dietary Fiber; 190mg Cholesterol; 1524mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 11 Fat; 1 1/2 Other Carbohydrates.