

Steak Pizzaiola with Sausage Mushroom Sauce

From a Phillis Carey cooking class, 9/2015



Steak with Pizzaiola Sauce (sausage, mushrooms and tomatoes)

1 1/2 pounds steak, ribeye, New York (see

NOTES) 1 1/4" thick exactly

Salt and freshly ground black pepper

3 tablespoons olive oil, divided use

3 cloves garlic, minced

1/4 teaspoon red chili flakes

4 ounces Italian sausage, crumbled

1/2 pound mushrooms, sliced

1/2 cup onion, sliced

1/2 cup green bell pepper, slivered (optional), or may use red or yellow peppers

1/2 cup dry red wine, or dry white wine

28 ounces crushed tomatoes

1 teaspoon dried oregano

1/3 cup Parmigiano-Reggiano cheese, grated (garnish)

1 tablespoon Italian parsley, chopped (garnish)

Pasta of your choice, to serve with steak

Per Serving (excluding unknown items): 678 Calories; 50g

Fat (67.0% calories from fat); 33g Protein; 22g

Carbohydrate; 5g Dietary Fiber; 117mg Cholesterol;

561mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean

Meat; 4 Vegetable; 7 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTES: RECIPE BASED ON A STEAK EXACTLY 1 1/4" THICK. Phillis used a sirloin steak. Some sirloin is not tender, so I'm suggesting a tender ribeye or New York steak. You could also use ground chuck and make this with thick burgers. The burgers will probably cook in less time - use an instant read thermometer to cook it to about 130-140°F, and do make them thick.

1. Preheat oven to 400°F. Prepare a big stock pot of water for cooking the pasta.

2. Heat 2 T olive oil in a medium-sized skillet (don't use a nonstick skillet as it won't develop the flavor you need from searing the steak) on the stovetop over medium-high heat. Season the steak with salt and pepper and sear it well in the hot pan for 4 minutes per side. It will still be raw in the middle - it will finish in the oven. Transfer steak to a rimmed baking sheet or a large casserole dish.

3. Add remaining olive oil to same pan, along with the garlic and red pepper flakes. Toss for 30 seconds. Add sausage and cook, stirring often, crumbling into small pieces until just about cooked through (can still be pink in the middle). Add mushrooms, onions and peppers, and continue cooking until the vegetables are tender, about 5 minutes. Add wine, stirring to scrape up any bits from the bottom of the pan. Add crushed tomatoes and oregano, and bring to a simmer. Cook for 8-10 minutes to develop the flavors. Taste for seasoning.

4. Spoon the sauce over the top of the steak. Place steak, uncovered, in oven for 8-10 minutes, or until steak is cooked to desired temperature. For rare, remove when it reaches 122°, for medium rare, about 125°, and 130° for medium. Remove steak to a carving board, cover with a piece of aluminum foil for about 5 minutes.

5. Meanwhile, cook pasta of your choice until it is al-dente, with just a little tiny bit of bite.

6. Place pasta on individual heated plates (or all of it on one platter, but individual plates are better), slice steak in thin slices, arrange on the pasta and top with the tomato sauce. Sprinkle with Parmigiano-Reggiano cheese and parsley. Sauce is thick, not loose as with a traditional "spaghetti sauce."