

Grilled and Oven-Baked Argentinian Strip Steak with Red Chimichurri

from a restaurant in Buenos Aires
Milk Street, Jim Hirsch



STEAK:

Kosher salt and ground black pepper

1 Tablespoon freshly grated nutmeg, from two whole nutmeg pods

2 teaspoons white sugar

2 strip beef strip steaks (about 20 ounces each) about 2" thick, patted dry

2 tablespoons grapeseed oil, or other neutral oil

RED CHIMICHURRI SAUCE:

3/4 cup neutral oil

1/4 cup sweet paprika

1/4 cup red pepper flakes

1/4 cup dried oregano, do not use fresh

2 medium garlic cloves, finely grated

1/2 cup balsamic vinegar

kosher salt

Per Serving (excluding unknown items): 500 Calories; 42g Fat (73.2% calories from fat); 21g Protein; 13g Carbohydrate; 4g Dietary Fiber; 47mg Cholesterol; 59mg Sodium; 7g Total Sugars; 0mcg Vitamin D; 71mg Calcium; 4mg Iron; 521mg Potassium; 215mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 5

Using this much red pepper flakes seems like WAY too much. You can reduce the amount by about a tablespoon, but apparently the balsamic vinegar tempers the heat. This red chimichurri is not as well known in the U.S. as the green herb style.

1. Set a wire rack in a rimmed baking sheet. In a small bowl, stir together 2 tablespoons salt, 1 tablespoon pepper, the nutmeg and sugar. Measure out and reserve 2 teaspoons of the seasoning mixture, then rub the remainder onto all sides of the steaks, pressing it into the meat. Place the steaks on the prepared rack and refrigerate uncovered for at least 1 hour or up to 24 hours.

2. Heat the oven to 250°F with a rack in the middle position.

3. Place the baking sheet with the steaks in the oven and cook until the centers reach 110°F, 45 to 55 minutes. Remove from the oven and let stand for up to 30 minutes.

4. In a 10- or 12-inch cast-iron skillet over medium-high, heat the oil until barely smoking. Place the steaks in the skillet and cook, without moving them, until well browned, about 3 minutes. Using tongs, flip the steaks and cook until the second sides are well browned and the centers reach 120°F (for medium-rare), 2 to 3 minutes.

5. Transfer the steaks to a large plate and let rest for 10 minutes.

Alternatively, the steaks can be seared for the same time over direct heat on a very hot charcoal or gas grill with a well-oiled grate.

6. Transfer the steaks to a carving board and cut into thin slices. Place on a platter, pour on the accumulated juices and sprinkle with the reserved seasoning mixture.

7. SAUCE: In a small saucepan over low, combine oil, paprika, pepper flakes and oregano. Cook, stirring occasionally, until the mixture begins to bubble, 5-7 minutes. Do not allow it to come to a boil. Remove from heat and stir in garlic. Let cool to room temp.

8. In a medium bowl, combine the vinegar and 1 tsp salt and stir until salt dissolves. Slowly whisk in the cooled oil mixture.

