Smoky Ribeyes With Spicy Sweet Mint Glaze (Sous Vide 131)

Internet Address: http://www.elise.com/recipes/archives/000090apple_cobbler.php



STEAKS:

2 1/2 pounds ribeye steaks

1 teaspoon chipotle chile powder

1 teaspoon thyme, powdered or crushed well

1 teaspoon sweet paprika

Salt and freshly ground black pepper to taste

GLAZE:

1/2 cup Dijon mustard

3 tablespoons horseradish, bottled

1/4 cup fresh mint, minced

6 tablespoons honey

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

Servings: 4

1. Preheat sous vide oven to 131°.
2. In a small bowl mix the chile powder, thyme and paprika together and sprinkle on both sides of the steaks. Sprinkle with salt and pepper to taste.
3. Vacuum seal the steaks individually and place in sous vide for a minimum of 2 hours, and not longer than 8 hours.
4. GLAZE: In a small bowl combine the ingredients and mix thoroughly.
5. Preheat outdoor grill (or use indoor grill or a portable torch) to high. Remove steaks and slather with the glaze. Sear steaks on both sides just long enough to acquire grill marks or to brown the meat. Your aim is not to cook the meat any further - at 131° the steaks will be medium rare already - you're just searing the meat to look more attractive.

Per Serving (excluding unknown items): 712 Calories; 18g Fat (26.1% calories from fat); 85g Protein; 31g Carbohydrate; 2g Dietary Fiber; 200mg Cholesterol; 568mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 2 Other Carbohydrates.