

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING PAN-SEARED RIBEYE STEAK

SALAD COURSE:

Arugula, Pear & Parmesan Salad

INGREDIENTS

4 cups fresh arugula
1 ripe pear (Bosc or Bartlett), thinly sliced
1/3 cup shaved Parmesan
1/4 cup toasted walnuts (optional)
2 tbsp extra-virgin olive oil
1 tbsp white wine vinegar or lemon juice
1 tsp honey
Salt and freshly ground black pepper to taste

PREPARATION

Whisk olive oil, vinegar (or lemon), honey, salt and pepper in a small bowl to make the dressing.

In a salad bowl, combine arugula, pear slices and toasted walnuts.

Drizzle dressing and toss gently to coat.

Finish with shaved Parmesan.

PRESENTATION

Mound salad on chilled plates to the side of the main course, or serve in a small bowl.

Scatter a few extra pear slices and a small Parmesan shaving on top for visual appeal.

ENTREE — PAN-SEARED RIBEYE STEAK (SERVES 2)

INGREDIENTS

1 bone-in or boneless ribeye, 12–16 oz, 1–1.5" thick
Kosher salt and freshly ground black pepper
1–2 tbsp high-smoke oil (canola, grapeseed)
2 tbsp unsalted butter
2 garlic cloves, lightly crushed
2 sprigs fresh rosemary or thyme
Optional: 1 shallot, halved, for pan flavor

PREPARATION

Remove steak from fridge 30–45 minutes before cooking; pat dry. Season both sides generously with salt and pepper.

Preheat a heavy skillet (cast-iron preferred) over high heat until smoking hot. Add oil and swirl to coat.

Place steak in pan and sear undisturbed 3–4 minutes per side for medium-rare (times vary with thickness). For thicker steaks, after searing both sides, reduce heat to medium and cook to desired doneness; use a thermometer (125–130°F for medium-rare, carryover to ~135°F).

In last 1–2 minutes, add butter, garlic and herbs. Tilt pan and spoon melted butter over the steak (baste) to build flavor.

Transfer steak to a cutting board, tent loosely with foil and rest 5–10 minutes. Slice against the grain.

PRESENTATION

Slice the steak into thick strips and fan them slightly on the plate. Spoon any resting juices over the meat.

Garnish with the roasted garlic clove and a sprig of rosemary. Serve with salad and sides arranged neatly.

SIDE DISH 1 — GARLIC & HERB SMASHED BABY POTATOES

INGREDIENTS

1 lb baby potatoes (Yukon Gold or red), halved if large
2 tbsp olive oil
2 garlic cloves, minced
1 tbsp chopped parsley
Salt and pepper to taste
1 tbsp butter (optional, for finishing)

PREPARATION

Boil potatoes in salted water until fork-tender, 12–15 minutes. Drain and let steam off.

On a baking sheet, gently smash each potato with the bottom of a glass or spatula.

Drizzle with olive oil, sprinkle minced garlic, salt and pepper. Roast at 425°F (220°C) for 20–25 minutes until golden and crisp.

Toss with chopped parsley and a little butter if desired.

PRESENTATION

Pile potatoes in a small mound beside the steak. Sprinkle a little extra parsley and flaky sea salt on top.

SIDE DISH 2 — SAUTÉED BRUSSELS SPROUTS WITH BALSAMIC GLAZE

INGREDIENTS

12 oz Brussels sprouts, trimmed and halved
1–2 tbsp olive oil
Salt and pepper
2 tbsp balsamic vinegar
1 tsp honey or maple syrup

PREPARATION

Heat oil in a skillet over medium-high heat. Add sprouts cut-side down; cook without stirring until well-browned, 4–6 minutes.

Flip and cook 3–4 more minutes until tender. Season with salt and pepper.

In a small pan, reduce balsamic and honey for 1–2 minutes until slightly syrupy; drizzle over sprouts.

PRESENTATION

Arrange sprouts to the side of the steak. Drizzle a little extra balsamic reduction on the plate for color contrast.

Dessert — Dark Chocolate Pots de Crème with Sea Salt

INGREDIENTS

6 oz dark chocolate (60–70%), chopped

1 1/2 cups heavy cream

2 large egg yolks

2 tbsp granulated sugar

1/2 tsp vanilla extract

Pinch of flaky sea salt

PREPARATION

Preheat oven to 325°F (160°C). Heat cream until simmering; pour over chopped chocolate and let sit 1 minute, then whisk until smooth. Stir in vanilla.

In a bowl, whisk egg yolks and sugar until combined. Gradually temper yol mixture with a few tablespoons of the chocolate cream, then whisk back into the rest.

Pour mixture into small ramekins. Place ramekins in a baking dish and add hot water halfway up the ramekins. Bake 20–25 minutes until custards are set but slightly jiggly. Chill at least 2 hours.

Just before serving, sprinkle each with a tiny pinch of flaky sea salt.

PRESENTATION

Serve chilled ramekins with a dollop of lightly whipped cream or a fresh raspberry on top. Add a small mint leaf for color.

WINE PAIRING

KAIKEN ULTRA MALBEC RED WINE

This Malbec's ripe dark-fruit profile, balanced tannins and spice complement the rich, beefy ribeye and roasted sides while standing up to the dark chocolate dessert without overpowering it.