



charred *Sirloin*

with soy, garlic & coriander with zesty cucumber salad

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Serves 4

Ingredients (Sirloin)

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| ½ cup (125 ml) light soy sauce | ¼ cup (65 ml) regular soy sauce |
| ½ cup (125 ml) dark soy sauce | 1 fresh green Thai chili, halved |
| 3 dried Thai chilies, seeded and crushed | 1 fresh red Thai chili, halved |
| ¼ cup (65 ml) bourbon | ¼ cup (65 g) fresh cilantro, crushed |
| ¼ cup (65 g) fresh Thai basil, crushed | 2 tsp. (10 g) garlic salt |
| ¼ cup (65 g) fresh mint leaves, crushed | ¼ cup (65 g) unsalted butter |
| 10 oz. (284 g) fresh spinach leaves | Salt to taste |
| 4x8 oz. (225 g) sirloin or rib eye steaks, 1" thick at room temperature | |
| 1 ½ tbsp. (25 g) coriander seeds, toasted and crushed | |

Method (Sirloin)

1. Combine the first 8 ingredients into a medium sauce pan and set over high heat. Bring to a boil, then immediately remove from heat and add the cilantro, basil and mint.
2. Stir well. Set aside to cool uncovered until mixture reaches room temperature.
3. Purée in a blender, then strain through a fine mesh sieve. Set aside extracted liquid.
4. Set grill to high heat for 10 minutes.
5. Before placing the steaks on the grill, brush the steaks liberally with the cooled soy sauce. Reserve any leftover sauce.
6. For a medium rare steak, grill the first side of the steak for 5 minutes, flip the steak and cover for an additional 5 minutes.
7. Remove the steak and let rest.
8. In a large skillet, melt the butter over medium high heat and then add the spinach. Season with salt.
9. Stir occasionally until almost wilted.
10. Stir in toasted sesame seeds and divide the spinach evenly onto 4 plates.
11. Serve the steaks over a bed of spinach, then brush each steak with the remaining sauce.

Ingredients (Zesty Cucumber Salad)

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| 1 tbsp. (15 g) white toasted sesame seeds | ¼ cup (65 ml) rice wine vinegar |
| 2 Paysanne cucumbers, peeled, seeded and diced | ½ cup (125 g) sweet onion, diced |
| ¼ tsp. (3 g) garlic, chopped | ¼ tsp. (3 g) sugar |
| 4 radishes, thinly sliced | Salt and pepper to taste |

Method (Zesty Cucumber Salad)

1. In a glass bowl, mix together the cucumber, sweet onions, sugar, radishes, vinegar, any reserved chopped coriander, salt and pepper. Stand at room temperature for 5 minutes or make ahead and refrigerate overnight.
2. Serve the cucumber salad with the steak.

Nutritional Facts per serving (423 g): Calories 470

Fat 23 g (35 %), Saturated Fat 12 g + Trans Fat 1 g (65 %), Cholesterol 140 mg,
Sodium 1630 mg (68 %), Carbohydrate 9 g (3 %), Fiber 4 g (16 %), Sugars 3 g, Protein 52 g,
Vit A (70 %), Vit C (45 %), Calcium (15 %), Iron (70 %).% = % Daily Value



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