

Black Garlic Grilled Steak

Incorporating the black garlic balsamic into a steak marinade, not only creates a beautiful, caramelized crust over the meat, and seals the juices in the meat, making an incredibly succulent steak! The complexity of the black garlic infused balsamic seeps into the meat while marinating, guests will be asking what is your secret sauce?

Serves 4

4 top-sirloin steaks
2 tsp sea salt
2 Tbsp whole black peppercorns
½ cup black garlic balsamic vinegar
2 Tbsp creamy Dijon mustard
2 Tbsp Robust EVOO
2 tsp Worcestershire sauce

Pat the steaks dry with a paper towel and sprinkle each side with ½ tsp of sea salt. Rub the salt into the meat and set aside.

Using the back of a chef's knife or a mortar and pestle, lightly crush the peppercorns. Add peppercorns to a small bowl or liquid measuring cup. Add remaining ingredients to the bowl and whisk to combine.

Pour marinade into a Ziplock bag, and then add the steaks. Seal the bag, removing any excess air and rub the marinade into the steaks, ensuring they are evenly coated. Place steaks in the fridge to marinate for 2 hours, or up to 24 hours.

When ready to serve, remove the steaks from the fridge 20 minutes prior to cooking. Preheat the grill to high heat and brush with a little olive oil. Place the steaks on the grill and cook to desired doneness (see note below). Remove the steaks from grill and rest, covered, for 5 minutes to allow the juices absorb and the meat to finish cooking.

Steak will keep in the fridge for up to 3 days in an airtight container. Alternatively, the marinade can be added to the steaks and frozen for up to 3 months, remove from the freezer and thaw in the fridge. Cook as directed above.

A note on cooking steak;

The following guide is for a typical ¾-inch steak. If needed, increase the cook time by 30 seconds per side, for every ¼ inch of added thickness. Remember as the steak rests after cooking, the temperature will increase slightly.

For a rare steak: sear 2 minutes per side, or an internal temperature of 120°F.

For a medium rare steak: sear 2 minutes and 30 seconds per side, or an internal temperature of 130°F.

For a medium steak: sear 3 minutes per side, or an internal temperature of 140°F.

For a medium well steak: sear 3 minutes and 30 seconds per side, or an internal temperature of 150°F.

For a well-done steak: sear 4 minutes per side, or an internal temperature of 160°F.