



O'BRIEN ESTATE

NAPA VALLEY

New York Strip, Radicchio, Juniper Berry & Blackberry Jus

Chef Elizabeth Binder, originally from South Africa, is our longtime friend and was recently a *Top Chef* finalist. Lizzie offers the following original recipe for our Wine Club Members, saying:

*"Blackberries are just coming into season. You need a little bit of patience, but it's a beautiful combination of flavors and will pair beautifully with **Unrestrained Reserve**. Delicious! Just lovely!"*

Serves 8

Ingredients:

8 prime New York strip steaks (1 ½ inches thick, about 14 to 16 ounces each; thickness is more important than weight)
2 sticks unsalted butter
½ cup extra virgin olive oil
8 teaspoons kosher salt & 8 teaspoons cracked black pepper (or Juniper rub - *recipe below*)
4 heads radicchio - cut into wedges, drizzle with EVOO (Extra Virgin Olive Oil), season and grill
2 bunches dandelion greens - toss with grilled radicchio to wilt
1 punnet blackberries (small container of 1-2 cups)
1 qt blackberry jus (*recipe below*)
Juniper rub (*recipe below*)

Method:

Melt the butter over medium-high heat and skim the milk solids from the surface to clarify. Set aside to cool. Remove the steaks from the refrigerator about 30 to 40 minutes before cooking. Cover loosely with plastic wrap and allow the steaks to come to room temperature. Before grilling, shape the steaks by gently pushing the sides into the center to create height.

Mix the oil and 1/2 cup of clarified butter on a large serving plate. Put the steaks into the oil-butter mix to coat each side, then lift the steaks to allow the excess oil to drip off. (Make sure that the steaks don't have too much oil-butter mix on them, as this will create flare-ups on the grill.) Coat each side of the steaks with 1 teaspoon of salt and 1 teaspoon of black pepper / or Juniper rub (*see below*) or rub of your choice.

Place the meat on the hottest part of the grill. If at any time the grill flares up, move the steaks to the outside edge, returning them to the center when the flame dies down. Do not slide the steaks across the grill; gently pick them up with tongs. The key is not to flip them around. Ultimately you want to turn a New York strip steak only three times, cooking each side twice for 3 minutes at a time (for a total cooking time of 12 minutes), to get a rare steak with adequate char.

Telling when a steak is done is not an exact science. One technique is to cut a small slit in the steak to see the color of the meat. A professional presses the meat and compares its firmness to the softer, fleshy part at the base of his or her own thumb; if it's the same density, the meat is rare. The firmer center of the palm is like the feel of a well-done steak. (It takes practice.)

An instant-read meat thermometer is most accurate of all; insert it into the center of the steak. Rare is 110 to 115 degrees; medium-rare, 120 degrees; medium, 125 to 130 degrees; medium-well, 130 to 135 degrees; and well, 140 degrees. (Err on the low side, since steaks will continue to cook when removed from the grill.) Allow the meat to rest for 4 - 5 minutes before serving, to allow the juices to emerge from the center.

Dress chicories (radicchio) with pan juices from cooking beef. Assemble on plate with roasted/grilled beef, fresh blackberries and blackberry sauce. Finish beef with a sprinkle of smoked sea salt/juniper rub and serve.

Juniper rub

3 tablespoons juniper berries
3 teaspoons black peppercorns
6 bay leaves - chopped
2 tablespoons kosher salt

In a spice grinder - grind the peppercorns, juniper berries and chopped bay leaf to a fine grind. Mix with salt. Sprinkle rub lightly over meat before grilling.

Juniper & Blackberry Jus (makes 1 QT +)

Part 1:

veal or beef bones
bacon scrap
2 onions - rough dice
2 celery sticks - rough dice
2 carrots - peel and rough dice
1 bunch thyme
parsley stalks
4 qt meat stock

Roast bones to a deep golden brown

In a large pot, caramelize vegetables, add bones, herb, bacon scrap - cover with the meat stock. Bring to boil and simmer to reduce by half – skim and strain.

Part 2:

1 btl Chambord blackberry liqueur
1 btl cabernet sauvignon
Handful black peppercorns
Handful juniper berries
1 bay leaf
1 pound blackberries (4 pints)

Reduce blackberry liqueur and red wine to au sec. Add 2 Qt strained reinforced stock, and all remaining ingredients. Bring to boil, simmer to reduce to sauce consistency (skim). Strain and then strain again through fine mesh strainer.