



## GRILLED RIBEYE STEAK with “RISOTTO” POTATOES

Potatoes are diced and then cooked risotto-style.

**PREP TIME:** 15 MINUTES

**COOK TIME:** 30 MINUTES

**MAKES:** 6 SERVINGS

### Potatoes:

- 2 T butter**
- 1½ cups red onion, peeled and finely diced**
- 5 cups potatoes, peeled and cut into ¼" cubes (about 10 medium potatoes)**
- 2 cups chicken broth**
- ½ t sea salt**
- ½ t pepper**
- ½ cup heavy cream**
- 1 cup grated Manchego cheese**

1. Melt butter over medium heat in a large, deep, heavy saucepan or a cast-iron Dutch oven. Add onion and cook until translucent.
2. Stir in potatoes, chicken broth, and salt. Bring to a boil, reduce heat to simmer, and continue cooking until potatoes are al dente, about 8–10 minutes. (While cooking, slide wooden spatula under potatoes frequently to bring cooked portion to the top and let uncooked portion flow underneath.)
3. Add cream and cook for an additional 8 minutes, or until potatoes are tender but still hold their shape. Stir in cheese.

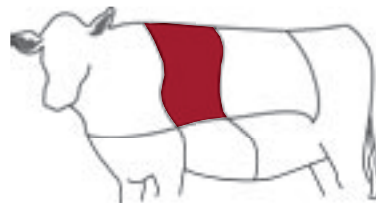
### Steaks:

(Try grilling with charwood instead of charcoal. Charwood produces a mild hardwood flavor and burns hotter, faster, and cleaner than charcoal, while giving off much less sulfur dioxide.)

- 4 12-oz organic ribeye steaks**
- salt and pepper for seasoning**
- ½ cup extra virgin olive oil, divided**
- leaves from 6 sprigs of fresh thyme**

1. Season steaks with salt and pepper and rub with ¼ cup of the olive oil. In a small bowl, mix remaining olive oil with thyme leaves.
2. Prepare grill. Brush steaks with olive oil and thyme mixture, and grill for 5–6 minutes per side for medium rare.

**Pairing:** Dry-yet-fruity, full-bodied Cabernet Sauvignon from Frey Vineyards—the first organic winery in the U.S., and now the first certified biodynamic winery. [www.freywine.com](http://www.freywine.com)



### Quickie Meat Tenderizer:

Score your steaks using a sharp knife, making diagonal slashes about ½" apart on the surface, then make slashes going the opposite direction, creating diamond shapes. Brush with juice from a lemon or lime and let sit 20 minutes—your steaks will be wonderfully tender when cooked.

*Tip*

## SIRLOIN STEAK with RED-ONION CHUTNEY & MARYJANE-STYLE HASHBROWNS

**PREP TIME:** 15 MINUTES

**COOK TIME:** 30 MINUTES

**MAKES:** 4 SERVINGS

### Steaks and Chutney:

- 1 T safflower oil**
- 4 12-oz organic sirloin steaks**
- 1 large red onion, peeled and diced**
- 4 cloves garlic, peeled and minced**
- ¼ cup beef broth**
- 1 T fresh oregano**
- ¼ t salt**
- ¼ t red pepper flakes**
- 20 cherry tomatoes, halved**
- 2 T balsamic vinegar**
- 2 T brown sugar**

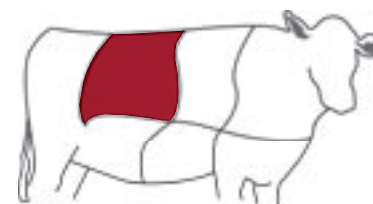
1. Preheat broiler. Heat oil in large skillet over medium-high heat. Sear steaks for 3 minutes per side.
2. Transfer steaks to broiler pan. Broil for 5 minutes for medium rare.
3. Add onion and garlic to skillet and sauté for 3 minutes, stirring constantly, until slightly caramelized. Add remaining ingredients and continue cooking until slightly reduced and juices are thickened.

### Hashbrowns:

- 8 small potatoes, peeled and finely grated**
- 2 eggs**
- ¼ cup flour**
- salt and pepper to taste**
- 2 T oil**

1. In a medium bowl, mix the first four ingredients with a fork.
2. Heat oil in a heavy-bottomed, lidded skillet over medium heat. Form potato mixture into 4 patties and add to skillet. Reduce heat to low, cover, and cook until bottoms are golden brown. Flip patties, cover, and cook until golden brown.

When my children were little, we grew and ate lots of potatoes. My favorite hashbrowns are those made from baked potatoes that have been cooled, peeled, and then grated and put into a lightly oiled, hot skillet. But that requires planning. If you've ever tried to grate a raw potato and toss the strands into a skillet, you probably ended up with a gray glue-textured mass that was not only unattractive, but tasted awful. Anxious to come up with a way to make crisp, completely cooked hashbrowns when I was in a hurry, I discovered that if I added a bit of flour and an egg or two and then cooked them slowly in a lidded skillet, I'd end up with perfectly done, crisp, hashbrown “pancakes” that required very little attention while they cooked. They're truly mistake-proof. Smothered in a red onion chutney, they're divine.



**Pairing:** We like the hoppy, balanced malt profile of Bison Brewing's India Pale Ale. [www.bisonbrew.com](http://www.bisonbrew.com)

