

Cowboy Steak with Chimichurri Sauce

Ingredients

Chimichurri

- 1-1/2 cups firmly packed fresh flat-leaf parsley, trimmed of thick stems
- 4 to 6 cloves garlic
- 3 tablespoons fresh oregano leaves
- 3 tablespoons red or white wine vinegar
- 3/4 cup extra virgin olive oil
- 1-1/2 teaspoon sea salt
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon freshly ground black pepper

Steak

- 1 tablespoon olive oil
- 1 (2-pound) "cowboy steak", or other 2-inch thick bone-in beef rib steak
- Salt, and Pepper to taste

SERVES 4

Directions

Finely chop the parsley, garlic, and oregano (can do with a food processor), and place in a small bowl. Stir in the vinegar, oil, salt, pepper, and red pepper flakes. Set aside two thirds of the sauce for serving with the steak. The remaining third of the sauce is used for the marinade.

Place steak in a bowl or large zip-top bag. Take about a third of the prepared chimichurri sauce and coat the steak. Cover completely with plastic wrap or remove air from the zip-top bag and close securely. Let steak marinate for several hours. Remove steak from the refrigerator 2 hours before cooking, so that it gets close to room temperature before cooking. Right before cooking, wipe off marinade from steak and sprinkle steak generously with salt and pepper.

Preheat the oven to 350°F. Heat a large cast iron skillet on medium high to high heat. Add olive oil and sear steak on each side until nicely browned, about a two minute each side. Transfer the steak to the oven to finish to desired doneness. Use a meat thermometer. For rare, pull the meat out of the oven at an internal temp of 120°F. For medium rare, 125-130°F.

Remove the meat to a plate and cover with aluminum foil. Let rest for 5-10 minutes before serving. Serve the steak with the remaining chimichurri sauce on the side.