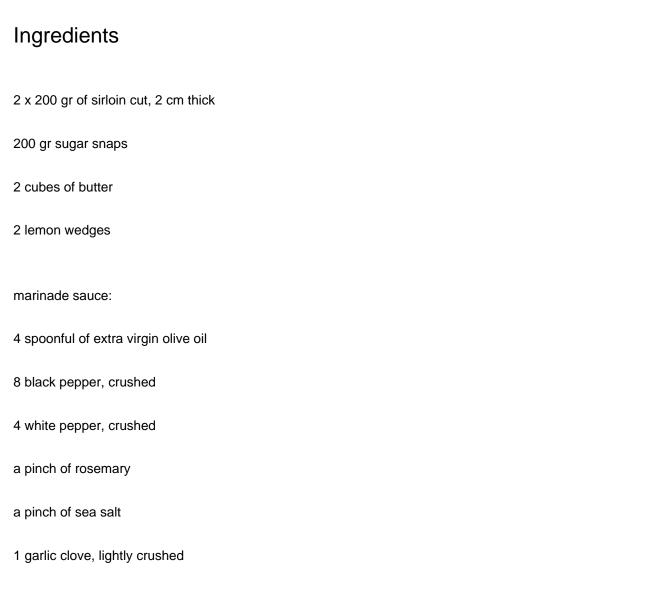


Perfect Florentine Steak

NIBBLEDISH CONTRIBUTOR



Instructions

The key to this simple yet heavenly steak is the quality of ingredients. If you use good quality meat, butter and extra virgin olive oil, everything should be fine!

* In a sealable plastic bag, mix the marinade ingredients and add the sirloin. Flatten to let the air it stand for 24 to 48 hours	out, seal and let
* Heat the grill or pan, place the sirloin when it is hot. Don't poke or pierce the meat, just let the g	urill do the deed

- * Cut the ends of the sugar snaps. Blanch in boiling water for 2-3 minutes until green color starts coming out. Drain and pour room temperature water over the snaps to seal the color.
- * Serve the steak with a cube of butter, a wedge of lemon, extra S&P if needed and boiled sugar snaps.

Allow 4 minutes for each side, this will deliver medium result with the inside still pink, tender and juicy.

The simplicity of this recipe makes the meat flavor really stands out. I think it's best to keep the steak medium cooked, that way the meat moisture will mix beautifully with the butter and the sweetness of sugar snaps.