



Pan-seared steak with IPA cream sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

NY strip, ribeye, or other good steak.
India Pale Ale (or try another flavorful beer)
Cream or Half&Half
Butter
Rosemary, salt, black pepper
Olive oil

Instructions

This is a play off the method for cooking steak that's described in Julia Child's famous "Mastering the Art of French Cooking," where red wine is used instead of the IPA. The pan drippings from cooking a steak in a skillet make for amazing flavor, and the bitterness of the hoppy pale ale combined with the smooth cream and deep beef flavor make for a great steak sauce.

1. Coat the steak in olive oil, and season liberally with salt and a lot of black pepper, a touch of rosemary, or other herbs and seasonings you like on steak. Allow to come to room temperature, maybe 20 minutes.
2. Heat a heavy bottomed skillet with enough olive oil to coat the bottom. Should be fairly hot, around the smoke point of the olive oil.
3. Sear the steak in the pan on both sides till it looks delicious. If you prefer anything over medium, you might consider finishing it in an oven.
4. Remove the steak from the pan and allow to cool while making the sauce.

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5. If you've got a lot of oil left in the pan, pour some out. Pour in the beer to deglaze the hot pan, making sure to scrape up all the good bits from the bottom of the pan. Use maybe 6oz of the IPA.
 6. Add a splash of cream, 1/4C or so. Allow the sauce to reduce in half, seasoning with salt and pepper.
 7. Remove from heat and whisk in a tablespoon or two of butter.
 8. Serve however you like it.

Pictured alongside some blanched green beans, sauteed in some butter and garlic.