

# Grilled Strip Steak

## *with Pesto and Creamy Polenta*

*ingredients*

4 ea. Strip steaks, 1" thick is a great size

Salt and Pepper

Olive oil

**Creamy Polenta** (See right)

**Pesto** (See next page)

8-12 ea. Large wedges of perfect tomatoes

*procedure*

1. Prepare Creamy Polenta and Pesto.
2. Prepare grill.
3. Allow steaks to come to room temperature.
4. Lightly coat steaks with olive oil. Season with salt and pepper.
5. Grill to desired temperature. On a good hot grill, a 12 ounce steak will take 10-15 minutes to get to a solid medium rare. Adjust up 3 minutes total to cook them to medium.
  - a) Place steaks on hot grill. Allow to sear for 2 minutes.
  - b) Quarter turn the steaks 90 degrees and allow to cook for another 3 minutes.
  - c) Turn steaks over and cook on the third position for 3 more minutes.
  - d) Do a final 90 degree turn, moving the steaks to a cooler area of the grill and finish steaks for about 3 more minutes.
  - e) Remove steaks to a tray and allow to rest for 5 minutes.
6. Place pool of polenta on plate. Add tomatoes.
7. Slice steak and fan atop polenta and tomatoes.
8. Top with a blob of pesto.

### Creamy Polenta

*ingredients*

3 C. Buttermilk, whole milk or water

½ C. Stone-ground polenta

¼ C. Grated Parmesan

1 Tbs. Unsalted butter

Salt and pepper

*procedure*

1. Heat the buttermilk in a large pot to boiling.
2. Add the polenta in a stream, whisking constantly until all the polenta is incorporated.
3. Turn the heat to very low and cook until all of the polenta is tender—with stone-ground polenta, the size of the grain will vary, and larger pieces will take longer to cook than small ones. The cooking time should be 45-60 minutes; stir frequently.
4. Stir in cheese and butter and season with salt and pepper.
5. Uneaten polenta should be poured into a buttered dish about 1" deep and saved for crispy polenta.

## Pesto

### *ingredients*

- 2 ea. Cloves garlic
- ¼ C. Pine nuts
- About ½ C. Extra virgin olive oil
- 3 C. Basil leaves, packed
- ½ C. Grated Parmesan
- Salt and pepper to taste

### *procedure*

1. Peel garlic, smash with side of your knife. Place in blender with pine nuts and olive oil.
2. Puree, making a thick mixture.
3. Add pine nuts. Pack down into bottom of blender. Puree.
4. Using a rubber spatula, push basil down regularly.
5. When pureed to thick, green goodness, stir in Parmesan.
6. Season to taste with salt and pepper.
7. Use that day or store tightly sealed with a 1/4" layer of olive oil over the top.
8. Pesto freezes well. If you have a bumper crop of basil, make it and freeze in 1 cup portions.