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RAISE THE STEAKS



Butter-Bathed
Rib Eye

CELEBRATING **16** YEARS OF GOOD FOOD & DRINK

Say bonjour to modern bistro bliss.

Meat the New Steak Frites



This updated version of the French bistro classic keeps the classic base but adds a contemporary twist. Big beefy entrecôte (a.k.a. rib-eye) still delivers a rich fatty slap but gone is the syrupy, reduced wine sauce in favour of an umami-rich anchovy experience. A side of slender frites is still a must—especially with yams and creamy blue cheese mingled in.

BUTTER-BATHED RIB-EYE STEAK

Resist the urge to throw these on the grill. Rib-eyes were made for a cast-iron pan, but if the siren call of the barbecue beckons, so be it. Just skip the butter part. See what you're missing out on? Serves 4.

24-oz bone-in rib-eye steak – about 1½ to 2-in thick
2 tsp each fennel, mustard and coriander seeds
1 tsp black peppercorns
Kosher salt, lots
½ tsp oil
3 Tbsp unsalted butter
3 to 4 whole thyme sprigs

Crush fennel, mustard, coriander seeds and peppercorns. Blend with generous pinches of salt. Rub all over steak. Heat oil in a large cast-iron skillet over medium-high heat. When hot, place steak, fatty cap-side down. You may need tongs to hold the meat in place. Sear until well-browned and some fat renders. Flip over, searing both sides of meat, about 2-3 minutes per side. Remove meat from pan. Discard drippings and wipe clean (don't wash).

Reduce heat to medium. Add butter and thyme to pan. Once the thyme starts to sizzle, add beef. Continue to cook, flipping steak (occasionally). Using a spoon, baste steak often with butter until cooked to desired doneness. Aim for 125°F for medium-rare. This may take up to 15-18 minutes, depending on thickness of meat. Use a thermometer to check for accuracy.

Remove steak to a cutting board and let stand 8-10 minutes, then slice meat from bone. Serve with charred lemon wedges and drizzle with Dreamy Anchovy Sauce.

DREAMY ANCHOVY SAUCE

The big punchy flavour of this sauce stands up to a rich cut of beef.

14 to 16 salted anchovy fillets, rinsed
¼ cup olive oil
1 large garlic clove, finely chopped
¼ cup fresh lemon juice
Handful chopped parsley or cilantro
Pinches of red chili flakes

Chop anchovies. Place in a small frypan and add oil and garlic. Cook slowly over medium-low heat until anchovies break down and melt into sauce. Stir often, mashing anchovies against side of pan to help crush them. Remove from heat and stir in lemon juice, parsley and chili flakes. Taste, add more chili if needed (it should have a little bit of kick). Drizzle over steaks.

MIXED FRITES

There's a reason fries taste better at a restaurant—the deep fryer! This home-fried version still delivers, and oven roasting is a delicious (and easier) option too. Serves 4.

1-2 large Yukon gold potatoes, unpeeled and cut into thin batons
1 large yam or sweet potato, peeled and cut into thin batons
Cornstarch
Vegetable oil
¼ cup each chopped parsley and crumbled blue cheese
Sea salt, pinches

Blanch Yukon gold batons in salted boiling water for 2 minutes, then drain. Coat yam batons in cornstarch and set aside.

To fry, half-fill a large deep pan with oil over medium-high heat. When oil is hot, work in batches and fry potatoes. Using a slotted spoon or tongs, remove as cooked to a tray lined with paper to absorb excess oil. Adjust heat to medium as needed.

If roasting, heat two large oiled baking sheets in oven while preheating to 425°F. Toss blanched Yukon gold batons with a little more oil, then spread out on one of the hot baking sheets. Spread out yam batons on the other. Roast, stirring occasionally, until browned, about 15 minutes. Turn into a bowl and toss with parsley, blue cheese and salt.



Après-steak

it's free form!
no pie plate needed

pick fresh
from the garden

AFTERNOON BERRY GALETTE

Pie tastes best on a sunny afternoon, eaten for no other reason than pure enjoyment. You never really need a reason to eat pie, right?

Dough

1 1/2 cups all-purpose flour
2 Tbsp palm sugar
Pinch of sea salt
3/4 cup cold butter, cut into cubes
2 1/2 Tbsp cold lard or vegetable shortening
1/4 cup ice water

Filling

4 cups mixed berries
1/2 cup palm sugar
1 Tbsp cornstarch
3 Tbsp marmalade
1 Tbsp milk
Coarse sugar, optional
2 Tbsp panko bread crumbs
1 tsp cinnamon

Whipped cream

Lemon verbena (optional)

For the dough, whirl flour, sugar and salt in a food processor. Add butter and lard, then pulse just until crumbs form. Continue to pulse while gradually adding water just until dough comes together. Turn onto a floured counter and form into a ball. Cover and let rest for 15 minutes.

Preheat oven to 400°F. In a bowl, toss berries with sugar and cornstarch. Once dough has rested, roll into a large circle, then trim so it's about 14 in wide. Place on a baking sheet lined with parchment paper.

Using the tip of a knife, trace a 9-in circle in the centre of the dough. Spread jam over circle, then cover with crumbs. Sprinkle with cinnamon, then add berry mixture.

Fold pastry over, just to cover the edge of the fruit, creating a free-form tart. Brush pastry with milk, then sprinkle with coarse sugar, if using.

Place in oven and reduce temperature to 375°F. Bake until pastry is golden and fruit is bubbly, 35 to 40 minutes.

Remove from the oven and let cool to room temperature, then serve with whipped cream. Sprinkle with leaves of lemon verbena.

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