

Seared Striploin with Whiskey-Sage Compound Butter and Caper Berries

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes (+ 65 minutes chilling time)

Serves or Makes: 10

Ingredients

Whiskey-Sage Compound Butter

1/4 cup (60 mL) Canadian whiskey (2 oz/60 g)

2 tbsp (30 mL) packed finely chopped fresh sage (4 g)

4 tsp (20 mL) grainy mustard (20 g)

1 tsp (5 mL) finely chopped fresh rosemary (2 g)

2 cloves garlic, minced (5 g)

1/2 lb (250 g) unsalted butter, at room temperature

1/2 tsp (2 mL) each salt and pepper (4 g each)

Assembly for Each Steak

1 Carve™ Premium Ontario Beef – Striploin (14 oz/400 g)

1/4 tsp (1 mL) each salt and pepper (2 g each)

4 tsp (20 mL) unsalted butter (20 g)

2 tbsp (30 mL) drained caper berries (about 5)

4 tsp (20 mL) julienned shallots (20 g)

2 tbsp (30 mL) maple syrup (1 oz/30 g)

Sides, as per service

Tips

- Compound butter can also be frozen for up to 1 month.
- Serve with seasonal vegetables, such as asparagus, Brussels sprouts, green beans, mushrooms or roasted grape tomatoes.
- Steaks can also be cooked sous-vide, then pan-seared to finish.

Nutrition Facts

Per 1 steak with 1 butter coin

Calories	980
Fat	56 g
Saturated Fat	30 g
Trans Fat	1.5 g
Cholesterol	320 mg
Sodium	1380 mg
Carbohydrate	31 g
Fibre	1 g
Sugars	28 g
Protein	83 g

Instructions

1. Whiskey Sage Compound Butter: Stir together whiskey, sage, mustard, rosemary and garlic; freeze for 5 minutes. In stand mixer fitted with whisk attachment, whip butter until smooth. Add chilled whiskey mixture, salt and pepper; whip just until combined. Mound compound butter in centre of large piece of plastic wrap; using rubber spatula, form butter into log shape. Roll up butter tightly in plastic wrap, twisting ends to seal. Refrigerate for at least 1 hour or until firm.
2. Remove plastic and slice butter into ten 3/4-inch (2 cm) coins. Store in airtight container in refrigerator for 3 to 5 days.
3. Assembly for Each Steak: Preheat oven to 375°F (190°C). For each serving, remove 1 Whiskey-Sage Compound Butter coin from refrigerator. Pat steak dry and season with salt and pepper. Heat 8-inch (20 cm) cast iron skillet over medium-high heat; sear steak for about 3 minutes or until bottom is browned. Flip steak and place butter on top; transfer pan to oven. Cook, basting once, for 8 to 10 minutes or until desired doneness. Transfer steak to rack; let stand for 5 minutes before serving.
4. Meanwhile, set skillet over medium heat; add caper berries and shallots. Cook for 2 to 3 minutes or until shallots are softened. Stir in maple syrup; cook for 1 minute.
5. Place steak on serving plate; top with 1 Whiskey-Sage Compound Butter coin. Drizzle skillet sauce over top. Serve with sides.

