

Ribeye with Parmesan Cream Sauce and Arugula

Prep Time: 30 minutes

Cook Time: 20 minutes

Total Time: 50 minutes (+ 1 hour marinating time)

Serves or Makes: 8

Ingredients

Marinade and Steak

1 cup (250 mL) good-quality olive oil
1/4 cup (60 mL) red wine vinegar
1 oz (30 g) fresh oregano leaves, bruised
1 oz (30 g) fresh thyme sprigs, bruised
10 cloves garlic, smashed
1 tsp (5 mL) red chili flakes (0.2 g)
8 Carve™ Premium Ontario Beef – Ribeye (3.5 lb/1.6 kg)

Parmesan Cream Sauce

1/4 cup (60 mL) dry white wine
2 cloves garlic, smashed
2 fresh bay leaves
1 sprig fresh thyme (0.5 g)
1 tbsp (15 mL) whole black peppercorns
1/2 tbsp (7 mL) coriander seeds
4 cups (1 L) 35% whipping cream
1 cup (250 mL) grated Parmesan cheese (5 g)

Assembly for Each Steak

1/4 tsp (1 mL) each salt and pepper
2 tbsp (30 mL) canola oil
4 tsp (20 mL) unsalted butter (20 g)
2 cloves garlic, smashed
1 tsp (5 mL) fresh thyme leaves (0.2 g)
1/4 cup (60 mL) packed baby arugula (0.5 g)
Sides, as per service

Tips

- Ribeye may be marinated for up to 1 day for maximum flavour.
- Serve with Mediterranean-inspired sides, such as sautéed mixed mushrooms, rosemary roasted potatoes and wilted rapini.
- For more luxurious flavour, stir 2 tbsp. (30 mL) of cold butter into finished sauce.
- Steaks can also be cooked sous-vide, then pan-seared to finish.

Nutrition Facts

Per 1 assembled steak with 1/2 cup (125 mL) sauce

Calories	1210
Fat	110 g
Saturated Fat	45 g
Trans Fat	1 g
Cholesterol	310 mg
Sodium	1050 mg
Carbohydrate	7 g
Fibre	1 g
Sugars	0 g
Protein	48 g

Instructions

1. **Marinade and Steak:** In blender, pulse oil, vinegar, oregano, thyme, garlic and chili flakes until emulsified. Pour half of the mixture into full-size deep hotel pan. Arrange steaks in single layer in pan; top with remaining marinade, turning to coat. Cover and refrigerate for at least 1 hour.
2. **Parmesan Cream Sauce:** In saucepan, combine wine, garlic, bay leaves, thyme, peppercorns and coriander seeds; cook until wine is reduced by half. Add cream; cook for 3 minutes to reduce. Stir in Parmesan.
3. **Assembly for Each Steak:** Remove 1 steak from hotel pan, allowing excess marinade to drip off; pat dry. Season with salt and pepper. Heat oil in 8-inch (20 cm) cast iron skillet set over medium-high heat; sear steak for about 4 minutes per side or until browned. Add butter, garlic and thyme; cook, basting with pan drippings, for about 3 minutes or until medium-rare. Transfer to rack; let stand for 5 minutes.
4. Add 1/2 cup (125 mL) Parmesan Cream Sauce to skillet; simmer until heated through. Slice steak and arrange on serving plate; pour sauce over top. Garnish with arugula. Serve with sides.

