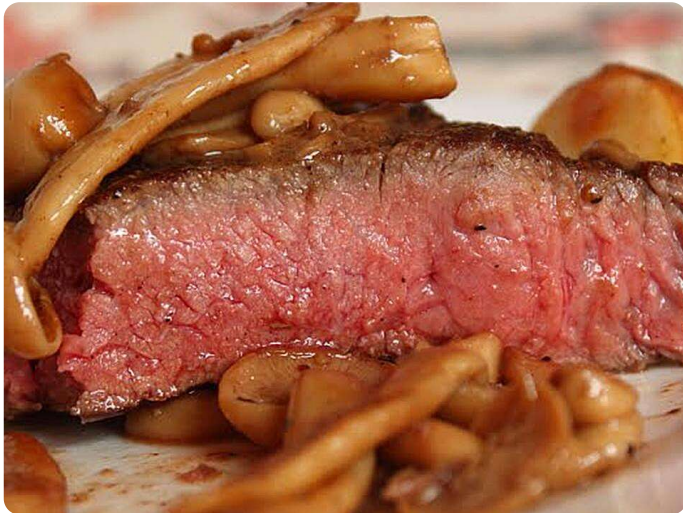




Sous Vide New York Strip Steak

Jacob · 28/09/2024



Prep Time

2 hrs 55 mins

Difficult

Medium

Servings

2

Description

The real advantage to this sous vide steak technique is the fact that you're guaranteeing a perfect medium-rare. If you've never had any luck getting large expensive hunks of steak cooked to your idea of perfection then this is the way to go.

Ingredients

- 2 (12 ounce) New York strip steaks - salt and freshly ground black pepper to taste - 2 teaspoons vegetable oil
- divided - 2 tablespoons cold butter
- divided - 1 cup clamshell mushrooms
- bottoms trimmed and any bunches separated - 1 clove garlic
- crushed - 2 tablespoons water - ½ teaspoon balsamic vinegar

Instructions

1. Fill a large Dutch oven about 2/3 full with water. Bring water to 130 degrees F (54 degrees C) over medium heat. Attach a candy or oil thermometer to the side of the Dutch oven in order to monitor and maintain the water temperature. Generously season steaks with salt and pepper. Heat 1 teaspoon vegetable oil in a large skillet over high heat. Add steaks and cook until just browned
2. about 1 minute per side. Transfer steaks to a resealable plastic bag
3. squeeze out all air
4. and seal. Place the sealed plastic bag into the Dutch oven
5. adjusting the heat as necessary to maintain the water temperature at 130 degrees F (54 degrees C). Cook for 2 1/2 hours
6. moving the bag around occasionally and maintaining the water temperature. While the steaks are cooking
7. heat 1 tablespoon butter in the same skillet over medium-low heat. Add mushrooms and cook
8. stirring occasionally
9. until soft
10. about 5 minutes. Transfer to a plate and set aside. Remove steaks from the plastic bag (reserving any accumulated juices) and pat dry. Generously season again with salt and pepper. Heat remaining 1 teaspoon vegetable oil in the skillet over high heat. Place steaks in the skillet and cook to form a crust
11. about 2 minutes per side. Transfer steaks to a plate. Stir garlic and mushrooms into the skillet
12. reduce the heat to medium
13. and cook until mushrooms are reheated
14. about 2 minutes. Stir in reserved steak juices
15. 2 tablespoons water
16. and balsamic vinegar. Remove from the heat. Stir in remaining 1 tablespoon butter until completely melted and incorporated. Season with salt and pepper to taste. Spoon sauce over steaks and serve.