



Steak Oscar



Ingredients Steak Oscar:

- 2 (7 ounce) beef tenderloin steaks
- 1 tsp Kosher salt
- 2 tsp pepper freshly ground
- 2 TBLS butter
- 2 cloves garlic smashed
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 6 ounces fresh crab, picked for shells
- 1 pound asparagus, tough ends snapped
- 1 cup Béarnaise sauce

Ingredients, Béarnaise Sauce:

- 3 large egg yolks
- $\frac{1}{3}$ cup white wine vinegar
- 2 tablespoons of finely chopped fresh shallots (approximately 2 shallots)
- 2 tablespoons of finely chopped fresh tarragon (approximately 6 sprigs)
- $\frac{1}{3}$ cup water
- 7 $\frac{1}{2}$ oz clarified butter

Method, Béarnaise Sauce:

1. In a medium saucepan, combine the vinegar, shallots, and tarragon, bring to the boil, and reduce until the vinegar has almost evaporated.
2. In a bowl placed over a pan of simmering water, beat the egg yolks with the water until thickened like light custard.
3. Add the reduced vinegar to the egg yolk mixture, and then add the butter bit-by-bit, whisking constantly, while your bowl continues to sit over the pan of simmering water. The texture should be like that of a light mayonnaise.

Method, Steak Oscar:

1. Take the filet mignon out of refrigerator about an hour before you plan to cook them to allow them to come to room temperature. Season with salt and pepper.
2. Preheat oven to 400°F.
3. Add the butter, garlic, rosemary, and thyme to a cast iron pan, and heat over medium-high heat without burning the butter.
4. Add steaks to the pan and sear for 2-3 minutes on both sides, constantly spooning the hot butter onto the steaks. Turn them only once after they seared nicely brown. Insert a meat thermometer into the thickest part of the steak and transfer the pan to the preheated oven.



5. Remove from oven when internal temperature reaches 115-120°F for rare, 125-130°F for medium rare, and 130-135°F for medium.
6. While steaks are in the oven, in a small saucepan over low heat, melt 1/4 cup of butter; gently stir in the crabmeat, and simmer while filets are baking.
7. Allow the steaks to rest on a plate, loosely tented with foil to keep them warm, for at least 5 minutes (temperature should rise another 5 degrees).
8. To assemble, top each broiled filet with crabmeat, then half the asparagus; spoon Béarnaise sauce to taste over the asparagus. Season with salt and pepper to taste.