

GRASS RUN FARMS NY STRIP WITH CARROT GINGER VINAIGRETTE

Served with blistered shishito peppers and miso mayo

4 servings

Credit - Chef Sean Leone

INGREDIENTS

NY Strip

1 1/2–2 lbs.	Grass Run Farms New York Strip Steak
4 cloves	garlic, whole
	kosher salt
	cracked black pepper
3 T.	avocado oil
5 T.	butter

Carrot Ginger Vinaigrette

2	large carrots, washed, peeled, and cut into small pieces
2/3 cup	avocado oil
1/3 cup	rice wine vinegar
1	lime, juiced
2 T.	honey
1 T.	white miso
1 T.	sesame oil
	salt and pepper, to taste

Miso Mayo

1 1/2 T.	miso paste
1 1/4 cups	mayonnaise
1 T.	sriracha
1	lime, juiced
2 T.	soy sauce

Blistered Shishito Peppers

3 lbs.	shishito peppers, washed and dried
4 T.	avocado oil
	salt and pepper, to taste

NY Strip

1. Heat a large sauté or cast-iron pan on medium-high heat.
2. Season the steak with salt and pepper.
3. Sear in the pan to form a crust for about 2 minutes, then turn and sear the other side.
4. Add garlic cloves and butter to the pan and baste the steak with a spoon until the foam of the butter goes away.
5. Remove from the pan and rest on a sheet tray lined with parchment and fitted with a roasting rack.



6. Finish in a 400°F oven until the internal temperature reaches 120–125°F for medium-rare.
7. Rest for 5–7 minutes before slicing.

Carrot Ginger Vinaigrette

1. Add all vinaigrette ingredients to a blender and blend until well combined.
2. Adjust seasoning as needed.
3. Strain through a fine mesh strainer and set aside until ready to use.

Make the Miso Mayo

1. Whisk all mayo ingredients together.
2. Adjust seasoning as needed.

Make the Blistered Shishito Peppers

1. Heat a cast-iron or large sauté pan on high.
2. Add oil to the pan.
3. Add the washed and dried peppers to the pan.
4. Char by moving them quickly in the pan to blister.
5. Season with salt and pepper.

Assemble & Serve

1. Pour the vinaigrette onto the bottom of four plates.
2. Arrange the sliced steak on top and finish with flaked sea salt.
3. Serve with blistered shishito peppers alongside, topped with miso mayo.